

# GRAPEVINE

## VISITACION VALLEY

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SERVING OUR COMMUNITY

FEBRUARY 2007

### Inaugural Ride Commemorates First T-Third Train



A car on the new T-Third light rail line pulled into Sunnydale Station along Bayshore Boulevard in Visitacion Valley.

Mayor Gavin Newsom and Supervisor Sophie Maxwell welcomed passengers on the first T-Third train at the Kirkwood Station in the Bayview at 9 a.m. on Jan. 13.

Two days later on Jan. 15 just before 12 noon, a special two-car Freedom Train left the Sunnydale Avenue station, transporting doz-

ens of Visitacion Valley and Bayview Hunters Point residents along the new route to join thousands in celebrating Martin Luther King Jr. Day at the Civic Center Plaza. A special commemorative ticket issued to passengers proclaimed, "A day on... not a day off!"

"This is the beginning of a new

See Page 6

### Public Housing Experts to Evaluate S.F. Housing Authority

Mayor Newsom on Jan. 10 asked five nationally recognized public housing experts to assess whether the City is doing everything possible to ensure improved living conditions and public safety for SFHA residents in light of significant federal funding cutbacks.

Supervisors Sophie Maxwell and Ross Mirkarimi agreed to co-chair the panel with Mayor Newsom. Additionally, the panel includes: "Joe Shuldiner, Former Assistant Secretary of HUD for Public and Indian Housing and former Director Los Angeles Housing Authority.

\* Pam David, Executive Director of the Walter and Elise Haas Fund and former Director of the San Francisco Mayor's Office of Community Development.

\* Fradique Rocha, former General Counsel of Boston Housing Authority.

\* Valerie Piper, Director, Center for Urban Real Estate Excellence, University of Pennsylvania and former Deputy Director, Chicago Housing Authority.

\* Mirian Saez, Director of Island Operations, Treasure Island and former Special Assistant to HUD Assistant Secretary for Public and Indian Housing.

According to a recently released report from the Center of Budget and Policy Priorities, "the 2007 HUD appropriations bill passed by the House — which provides the funding level HUD requested — would be the deepest shortfall in operating subsidy funding in more than 25 years."

In addition, the report notes that Congress has repeatedly cut capital and maintenance funding for public

housing in recent years, falling from \$3.0 billion in 1999 to \$2.4 billion in 2006.

"We have a pressing obligation to determine whether we are doing everything possible to ensure that our public housing residents are living in safe and decent housing," said Newsom. "I know that everyone from our Congressional delegation to the Board of Supervisors wants to ensure that cuts in national funding do not come at the expense of some of our most vulnerable citizens."

Over the next three months, the panel will assess current conditions at the San Francisco Housing Authority and recommend how best to improve living conditions for residents in light of decreased federal funding. The Mayor has instructed the panel to focus on the following four areas affecting the SFHA:

\* **Financial:** Review budget, financial obligations, federal funding outlook, and potential state and local partnership opportunities to increase the resources necessary to adequately maintain public housing.

\* **Housing Conditions:** Survey developments, infrastructure, housing and grounds to assess future capital needs and ongoing annual maintenance requirements to safeguard current housing stock and adequately plan for future improvements.

\* **Safety:** Review security conditions and plans for each development to ensure that adequate personnel, budget, and SFPD partnerships are available to address SFHA and neighborhood issues.

### Public Alert About Increasing Circulation of Counterfeit Bills

San Francisco Police are alerting the public of the increasing number of counterfeit bills being passed in San Francisco.

There have been reports recently of counterfeit \$5, \$10, \$20, \$50 and \$100 bills being circulated and that are received by unsuspecting victims. Many of these bills have been passed at businesses throughout the city.

In one recent case, a victim placed an ad on Craigslist to sell a Sony Play Station 3 and received 12 counterfeit \$100 bills, all in this case with the same serial number.

Police recommend several things to look for when you suspect a bill may be counterfeit to help you ascertain

the genuineness of the bill: Genuine 1996 and Newer Notes: "Watermark: Image on the right side of the note is identical to the portrait pictured in the center of the note (seen by holding the note up to the light)."

"Security thread: Thread is in the paper and runs top to bottom, to the left or right side of the portrait, depending on the denomination."

"Color-shifting ink: The 1996, 1999, 2001, 2003 and 2004 series notes have color-shifting ink in the lower right hand corner that shifts from green to black when tilted at a 45-degree angle. The 2004 series \$20 and \$50 notes have color-shifting ink that shifts from copper to

green when tilted at a 45-degree angle. The \$5 note does not have color-shifting ink."

"Micro printing: Location varies on denominations."

"Red and blue fibers: Embedded in the paper."

Genuine 1990 Series:

"Micro printing: Location varies on denominations."

"Security threads: Run top to bottom, to left or right of portrait, depending on the denomination."

"Red and blue fibers: Embedded in the paper."

Genuine Pre-1990 Series:

"Red and blue fibers: Embedded in the paper."

### S.F. Gets Funds to Abate Lead Hazards

Mayor Newsom on Jan. 11 announced that the City of San Francisco's Mayor's Office of Housing has been awarded \$3.35 million from the Department of Housing and Urban Development (HUD) to conduct clean up of lead based paint hazards and improve housing conditions for lower income families.

The City of San Francisco has developed a cooperative and innovative response system comprised of several City agencies and non-profit partners in response to the problem of lead poisoning.

San Francisco has also enacted the toughest legislation in California dealing with existing lead hazards and work practices in pre-1978 buildings.

Ninety-four percent of San Francisco's residential housing stock was built before 1978, making it one of the cities with the highest concentration of potentially lead containing units in the country. This highly competitive HUD award through the Lead Hazard Reduction Demonstration Program targets funding to communities with the greatest need, specifically those with a high incidence of lead poisoning in children and older rental housing.

"We are very pleased to be one of 12 municipalities around the country receiving this award," said Mayor Newsom. "HUD's recognition allows us to continue our work to combat childhood lead poisoning. We will not stop until this housing is safer for all our low-income families."

The Lead Program at the Mayor's Office of Housing abates lead hazards in housing occupied by low-income families with children. In collaboration with other City agencies and community-based organizations such as San Francisco Head Start, the lead program assesses lead hazards, funds and oversees the remediation of these hazards to protect children from lead poisoning.

In keeping with Mayor Newsom's commitment to low-income families, the lead program has remediated lead hazards from 192 units of housing since January 2004.

### Mayor Submits Wireless Internet Agreement to Supervisors

Mayor Gavin Newsom on Jan. 23

submitted

legislation that would codify the agreement the City has reached with a Earthlink/Google partnership that would make San Francisco the first major city in the country to offer free universal wireless internet access.

The agreement provides for a

wireless internet infrastructure to

be deployed and maintained by

Earthlink throughout San Fran-

cisco, at no cost to the taxpayers.

Google, Inc will provide a free ser-

vice tier as well as other innovative

applications and services.

Mayor Newsom first proposed

free wireless in October 2004 as the

first step in a larger initiative to cre-

ate a comprehensive digital inclu-

sion strategy that includes com-

puter hardware, technology train-

ing, and internet access targeted at

helping bridge the digital divide for

low-income communities.

The agreement presented to the

Board is the product of a uniquely

transparent process begun over a

year ago that saw all documents

posted regularly online.

"Free universal wireless internet

access is just the critical first step in

bridging the digital divide that

separates literally hundreds of

thousands of San Franciscans from

the enormous benefits of technol-

ogy," said Newsom. "I look for-

ward to working with the Board of

Supervisors to make free universal

wireless a reality."

The wireless agreement marks a

significant change from the more

typical hotspots or hot zones where

WiFi access is available in pro-

scribed areas — something that is

currently available in many cities

and municipalities.

San Francisco's initiative seeks

ubiquitous connectivity anywhere,

anytime — an especially difficult

challenge in a city renowned for its

hilly topography — and at no cost

to users. The terms of the agree-

ment protects privacy and security

of all users, and provides consumer

choice through open access.

Universal free wireless is the an-

chor of Mayor Newsom's TechConnect initiative that focuses on "Digital Inclusion" by creating

access and providing hardware,

content and training for residents

without the benefit of real time, con-

sistent access to technology. For

more information on the Mayor's TechConnect initiative, please log onto [www.sfgov.org/techconnect](http://www.sfgov.org/techconnect).

The City conducted a Request for

Information/Comment, which solicited

extensive public input including

over 300 public comments and 26 pro-

posals from the private and non-profit

sectors for how best to provide afford-

able, universal WiFi. The City incor-

porated many of the ideas and prac-

ties that were presented in the RFI/C

process for an RFP.

### Proposal to Make Sidewalk Repairs Easier

Mayor Gavin Newsom on Jan. 23

urged the Board of Supervisors to

approve pending legislation that

will create a new fund to greatly

improve the condition of sidewalks

throughout San Francisco.

Approved by a unanimous vote

of the Capital Planning Committee,

the new \$1.27 million fund must

now be approved by the Board of

Supervisors. In conjunction with the

creation of this new fund, the De-

partment of Public Works is step-

ping up its efforts to repair City-

owned sidewalks or sidewalks that

have been damaged by City trees.

City and state law requires pri-

ivate property owners to keep their

sidewalks defect-free. The new pro-

gram will enable property owners

to include necessary sidewalk re-

pairs in large-scale sidewalk repair

contracts negotiated by the City —

"This award highly compliments the hard work and positive efforts the Mayor's Office of Housing has achieved thus far when it comes to helping our Head Start families residing in these high lead risk neighborhoods," said Jayne Garcia, Health Services Administrator for the San Francisco Head Start Programs.

"The City of San Francisco has developed a cooperative and innovative response system comprised of several City agencies and non-profit partners in response to the problem of lead poisoning.

"The City of San Francisco has also enacted the toughest legislation in California dealing with existing lead hazards and work practices in pre-1978 buildings.

"Ninety-four percent of San Francisco's residential housing stock was built before 1978, making it one of the cities with the highest concentration of potentially lead containing units in the country. This highly competitive HUD award through the Lead Hazard Reduction Demonstration Program targets funding to communities with the greatest need, specifically those with a high incidence of lead poisoning in children and older rental housing.

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"The Lead Program

## Grapevine Mailbox

**PG&E on Low Carbon Fuel**  
 Pacific Gas and Electric Company issued the following statement from Thomas B King, CEO of Pacific Gas and Electric Company, on the Governor's new Low Carbon Fuel Standard proposal.

PG&E applauds the Governor's new Low Carbon Fuel Standard and his bold leadership in addressing alternative fuels as a way to lead the nation to a climate friendly future. We are committed to doing our part and have seen first hand the significant benefits of alternative fuels on reducing carbon intensity.

PG&E looks forward to working with the Governor, our customers, and the state legislature and regulatory agencies to further develop existing and emerging alternative fuel technologies and infrastructure to continue to address the challenges associated with climate change.

### Concern for LRV Fare Collection

On the 20th of December, in the evening, I was cited for being a "fare evader," by the Muni Police, who had gotten on at the Civic Center stop. I had gotten on at Ninth and Judah at 7 p.m. in the dark and rain, and had followed others who had boarded the second car. I had my \$1.50 fare in hand.

I was the last to board. I then noticed that there was no operator, and no mechanism to pay the fare. As I was boarding, there was no warning or announcement of any kind to the effect that boarding should only occur at the first car. I only had ridden the two car trains in the day-

### State Senator Leland Yee

#### State Government Agencies

As your State Senator, I am very proud to continue serving the Visitacion Valley neighborhood. In the past we have had constituents come to us to address problems or concerns with state government agencies, or to request various kinds of information and support. My staff and I are committed to continuing to provide the highest quality of public service possible.

The following are examples of services that our offices can provide for you:

#### Community Services

\*Speaking to community groups, schools, & organizations

\*Assisting with community grant applications

\*Presenting commendatory and memorial resolutions

#### Public Services

\*Reports issued by the Legislature and state agencies

\*Consumer protection information

\*\*Where to find it" - state agency information

#### Constituent Services

\*Department of Motor Vehicles

\*Veterans' affairs

\*Assistance with other local, state and federal agencies

#### Legislative Services

\*Copies of legislation or information on the status of legislation

\*Summaries and analyses of specific bills

\*Legislative committee rosters

Please feel free to contact my staff if there is anything our office can do for you. The number for the San Francisco District Office is (415) 557-7857. We look forward to working with you.

Sincerely,

Leland Y. Yee, Ph.D.

California Senate



time, and there always was an operator present...

The effect of this is entrapment and it puts the public in an untenable position.

My questions:

1) Does Muni not realize how unfair (pardon the pun) it is to have this "hidden trap door" system?

2) Does Muni have no way of there being "automatic payment" into a fare machine that could register the payment, and dispense a receipt?

3) Does Muni not realize how much money it is losing by its system? Technology could collect fares, issue receipts, and eliminate, largely the "fare police."

I submit that better technology could automate "fare collection," increase revenues, and save fiascos from befalling unsuspecting customers.

John E. Barry

### Recent Legislation from Supervisor Maxwell

Following is recent legislation by District 10 Supervisor Sophie Maxwell:

**\*Eastern Neighborhood Resolution:** This is a resolution establishes City policy to guide the Planning Department's preparation of area plans and rezoning in the Eastern Neighborhoods. The goals of this resolution are to create affordable housing, preserve industrial zoning, generate employment options, sustain open space and retain families and children in the Southeast sector of the City. The resolution finally passed on Jan. 8.

**\*Housing Bond Approval Policy:** The Housing Bond Approval Policy is an ordinance to codify City Contracting requirements and City Administrative Review process as the requirements for the Board to approve TEFRA resolutions for housing bonds and other authority bonds. TEFRA stands for Tax Exempt Financing Reform Act. Each TEFRA approval is for a separate and distinct project.

**\*Article Ten Amendments:** The Article Ten Amendments set 60 days time limit for the Landmark Review Board to review landmarks and 90 days time limit for the Planning Commission to make its recommendations to the Board of Supervisors.

### Visitacion Valley CAC Meeting in February

Visitacion Valley's next Citizens Advisory Committee (CAC) meeting will be held on Tuesday, Feb. 13 from 6 to 8 p.m. at the Visitacion Valley Elementary School (VVES) auditorium, 55 Scherlin St.

Updated will be information from the Redevelopment Agency, as well as discussions on community outreach expectations.

In 2002, Supervisor Sophie Maxwell and the Planning Department sponsored workshops on the reuse of the abandoned Schlage Lock industrial site. The resulting Concept Plan outlines the community's vision of mixed-use development with new housing, open space, community-oriented retail and institutional uses to complement the existing neighborhood.

That year, the Mayor's Office of Economic and Workforce Development coordinated a series of workshops to define an economic revitalization program for Leland Avenue and Bayshore Boulevard. The resulting action plan lists out specific improvements and strategies.

In the last two years, the Planning

**Bayview Chosen for Next Policy Townhall**

Mayor Gavin Newsom will join San Franciscans for a talk on Communities of Opportunity, the City's new anti-poverty initiative on Saturday, Feb. 10, at 10 a.m.

Residents will have the opportunity to talk with their neighbors, Mayor Newsom, other elected officials and community leaders about critical issues including public safety, economic opportunity, education and housing.

The townhall meeting will be held at the Whitney Young Child Development Center, 100 Whitney Young Circle in the Bayview.

## Bridging the Digital Divide For All San Franciscans

by Mayor Gavin Newsom

In my first State of the City address, I made the commitment to provide every San Franciscan access to free wireless internet service. We have taken an important step in fulfilling that promise. The City and County of San Francisco has reached an agreement with Earthlink and its business partner Google to become the first major city in the country to offer free universal wireless internet access throughout the entire City. In creating this public-private partnership, we will accomplish this at no cost to City taxpayers. San Franciscans will be able to check email, search job websites, do schoolwork online, access government services anywhere and anytime.

### Despite San Francisco's well-justi-

visors. This legislation will provide the Board of Supervisors the opportunity to move landmark legislation forward in a timely fashion and meet the community expectations.

**\*Residential Building Demolition Ordinance:** This demolition ordinance is specifically looking at the demolition of residential building in our City. Supervisor Maxwell's office is working closely with the Planning Department on some of the outstanding issues such as the definition of demolition, administrative review criteria, soundness factor, economic indicator, hearing exemptions and etc. Planning Department is also in the process of producing an implementation document to address some of these issues. Currently, it is under review at Planning Commission for additional 45 days from Jan. 17.

**\*Clean Construction Ordinance:** This legislation will require all public works contractors who are contacted with the City to utilize Tier-2 standard equipment and biodiesel during construction in the City of San Francisco. The goal of this legislation is to reduce air pollution in our communities. At this time, this legislation is in the process to be assigned to a fiscal committee for hearing.

**Department and the Department of Public Works led a public process to create a detailed streetscape design for Leland Avenue.**

In June 2005, the Board of Supervisors designated the Visitacion Valley Survey Area with the understanding that the tools of redevelopment, guided by a community-driven planning process, could be used to implement many of the goals formulated in the earlier plans and workshops.

Last year, the Planning Department began a series of workshops to refine the development concept for the Schlage Lock site, providing the basis for its redevelopment. The Mayor established the Citizens Advisory Committee (CAC) to advise the Redevelopment Agency and City in their consideration of establishing a Redevelopment Plan for the Survey Area in Visitacion Valley.

The main task of the CAC is to review policy documents and to help determine the need for and the potential effectiveness of a redevelopment program for Visitacion Valley. These documents include the Environmental Impact Report, physical and economic evaluation reports, tax increment projections, implementation plans, zoning changes, the redevelopment plan, and other accompanying documents.

CAC meetings are open to the public and will serve as a forum for the community at large to discuss issues related to the Redevelopment Survey Area. Future Tuesday evening meetings this year are scheduled for 6 to 8 p.m. at the VVES auditorium on Mar. 13, Apr. 10, May 8, June 12, July 10, Aug. 14, Sept. 11, Oct. 9, Nov. 13 and Dec. 11.

fied reputation as a global technology leader, a substantial number of our residents lack internet access at home. Particularly, San Francisco residents who are low-income, disabled, seniors or immigrants with limited English speaking ability are much less likely to have Internet access. Yet these are the populations who could most benefit from the diverse resources of the Internet and the connections the Internet enables.

San Francisco's Digital Inclusion programs will focus on the City's most underserved neighborhoods as well as disadvantaged residents and families. According to the report on a national level, 68 percent of Americans have access to the Internet. However, access in some segments of the population is much lower.

\*73 percent of households earning less than \$15,000 a year are not online;

\*57 percent of African Americans are online;

\*38 percent of Americans with disabilities are connected;

\*37 percent of Hispanics have access;

\*29 percent of people who have not graduated from high school are connected;

\*26 percent of people who are over age 60 are online.

Applying these statistics to San Francisco's 740,000 residents and 330,000 households, suggests that at least 200,000 San Francisco residents are left behind in information technology access.

As more of our daily lives are being conducted on the Internet, those who are not connected are increasingly excluded from employment and educational opportunities, pay more for services and goods, and cannot access important health, financial and government services.

Youth without home Internet access are hampered in their ability to do schoolwork and are less likely to graduate. Workers require technology skills and access to obtain and retain good paying jobs. As more city services are offered online, people who most often need these city services often lack Internet access to use them.

Free wireless combined with Digital Inclusion programs that promote computer ownership and technology training will enable the City to help our students excel, develop a technologically savvy workforce and equitably offer innovative city

services.

To complement the City's agreement with Earthlink to provide free internet access, I recently joined members of the Digital Inclusion Task Force to announce the release of a report that outlines the city's effort to bring affordable hardware, internet navigation training and the production of relevant internet content to those in need. Programs and training will emphasize digital safety, accessibility to the disabled community and seniors, as well as, promotion of multi-lingual web portals and community based content.

I am very proud of the agreement that we negotiated with Earthlink and its partner Google. Earthlink will build and operate a citywide, wireless broadband network at no cost to the City. The City will receive financial compensation to help finance the City's Digital Inclusion programs. The contract establishes important policies and performance standards that Earthlink and Google must follow in order to ensure openness, consumer choice and privacy.

In partnering with Earthlink and Google, the City will benefit from the technological expertise from two Internet leaders who can respond to rapidly changing technological developments in wireless Internet technologies. This partnership enables the City to focus on its core strengths in promoting social and economic equity through digital inclusion, delivering public services and effective governance.

The agreement is the result of the most transparent process ever followed by the City. The City conducted a Request for Information/Comment, which solicited extensive public input including over 300 public comments and 26 proposals from the private and non-profit sectors for how best to provide affordable, universal WiFi. The City incorporated many of the ideas and practices that were presented in the RFI/C process for an RFP.

In conclusion, I look forward to working with the Board of Supervisors in bringing this initiative forward and furthering the City's position as a technological and social leader. For more information on the City's WiFi and Digital Inclusion initiatives please log onto [www.sfgov.org/techconnect](http://www.sfgov.org/techconnect).

### Cash for College Workshop at Burton High

San Francisco College Access Center is having a free workshop — which includes a comprehensive overview of the Free Application For Student Aid (FAFSA) — along with information about grants and scholarships at Burton High School from 6 to 8 p.m. on Tuesday, Feb. 6.

Individual financial aid advising will also be available. High School seniors have the opportunity to receive a \$1000 scholarship!

A multilingual staff will be

available for one-on-one assistance in filling out the FAFSA. Almost all colleges require students to fill out a FAFSA in order to receive financial aid.

Burton High School is located at 400 Mansel St.

In order to submit online FAFSA, a student and parent must apply for a PIN. Please visit [www.pin.ed.gov](http://www.pin.ed.gov) to apply for a PIN. The FAFSA is due Mar. 2. For more info, visit: [www.californiacashforcollege.org](http://www.californiacashforcollege.org).

### Alcohol Ads Being Removed Near Schools

The San Francisco Municipal Transportation Agency (SFMTA) on Jan. 17 ordered CBS Outdoor to remove all alcoholic beverage advertisements on Muni shelters within a 500-foot radius of any San Francisco school.

Such ads are prohibited under the contract between the SFMTA and CBS Outdoor.

The Marin Institute, a non-profit organization, today notified the agency about numerous locations where CBS Outdoor was in violation of the

alcohol advertising provisions of their contract with the SFMTA.

"We are committed to enforcing our contract and keeping alcohol ads away from schools," said Nathaniel P. Ford, SFMTA Executive Director/CEO.

The SFMTA is currently in the process of issuing a new Request for Proposals for Transit Shelter Advertising. The new contract, which is expected to be in place in December 2007, will prohibit alcoholic beverage citywide advertising.

### Gardening Classes Offered in February

Classes are held Saturdays at the Garden for the Environment (GFE), 7th Avenue at Lawton Street. Call 731-5627 for more information or to pre-register. These free workshops are part of the Resource Efficient Landscaping Education Program.

\*Feb. 24, *Introduction to Irrigation Systems* from 10 a.m. to 1 p.m. Join GFE and the Urban Farmer Store for this workshop on the basics of installing an irrigation system. Learn the most effective and efficient ways to deliver water to your landscape with minimal waste! Pre-registration required.

## When "Free Choice" Means "No Choice"

by Todd Stottlemeyer

In every Congress, many laws are introduced that go nowhere, simply languishing in the process, particularly when proposed by the minority party. Now that control of Congress has flipped, several ideas that have been in legislative limbo are likely to be revived, and small businesses need to be concerned about two.

Labor-union organizers are pushing legislation that would make it easier for unions to be certified and represent employees in businesses of all sizes. The process they favor, known as card checks, is an attempt to bypass the long-held principle of the secret ballot. The method is at the centerpiece of federal legislation known as the Employee Free Choice Act. Under current law, a business can voluntarily recognize unions based on card checks, but it's not required. This act would allow unions to choose a card-check campaign, rather than a secret-ballot election, effectively shutting employers out of the process. Further, a small business could find itself unionized in as little as 60 days.

America was built on the idea that true choice comes in the privacy of a voting booth. In a secret ballot, employees aren't subject to intimidation, harassment or other coercion. In addition, the current election process guarantees companies a six-month period in which they are given an opportunity to discuss with their employees why they shouldn't join a union.

In the second instance, numerous groups are gearing up to expand the 1993 Family and Medical Leave Act to both increase benefits and to lower the number of employees that would force a business to comply with the act.

Currently, businesses with 50 or more employees are subject to FMLA. The act requires employers to provide up to 12 weeks of unpaid leave for reasons including family illness and maternity leave. However, legislation was introduced last year in both the House and Senate that requires companies with at least 15 employees to comply with the FMLA and to provide seven paid sick days a year. Paid leave would be required not just when workers are ill, but when family members are

sick, or simply need to go to the doctor for checkups and tests.

Lowering the threshold imposes additional mandates on small businesses regardless of whether or not the employer can afford to keep a position open pending the return of the employee. Small-business employers want to do what's right for their employees, but they also need to keep their businesses running. It's just too great a burden for most small-business owners to keep a job open for long periods for even the most valued employee, a significant difference between small and large companies. Larger businesses simply have greater resources and can be more flexible.

The law also would interfere with the flexibility that small-business owners offer—a critical factor when competing for employees. In fact, a recent poll conducted by the National Federation of Independent Business Research Foundation revealed that 96 percent of independent business owners already provide flexible hours when personal situations arise, regardless of the firm's size. Small employers also are free to tighten their policies when an employee abuses benefits, or expand them when a situation merits special consideration.

Legislation on these two issues is likely to be introduced this spring and now have some momentum behind them. So small businesses face a tough fight. But we still have the choice now to make our voice heard on these important bills.

Todd Stottlemeyer is president and CEO of the National Federation of Independent Business in Washington, D.C.

## Mayor Congratulates Shape Up San Francisco Participants

Mayor Gavin Newsom on Jan. 11 congratulated 3,500 participants of his Shape Up San Francisco Walking Challenge at Kezar Pavilion.

More than 3,000 children and 500 adults walked, galloped and skipped during the 12 weeks from Oct. 4 through Dec. 27 to meet the Shape Up SF Walking Challenge.

Teams of 20 to 30 people took weekly walks together—and individual team members walked on their own—with a goal of each team accumulating enough miles to walk 1,016 miles, which amounts to walking along the California coast from Mexico to the Oregon border.

Teams measured their mileage with pedometers and tracked their progress online at an interactive website—www.shapeupsf.org—where they could also compare their progress against other teams. The cumulative total of all miles from all the teams was 90,000—about three times the distance around the globe.

The first annual Shape Up SF Walking Challenge was successful beyond all our expectations. San Franciscans of all ages, from all across the city, used the opportunity to get fit together," said Mayor Newsom. "Obesity is a national issue; here in San Francisco, we are tackling it in a creative way—literally one step at a time—by supporting teams of walkers."

Walking is a no-cost exercise with

tremendous benefits. Walking builds aerobic fitness, balance, and strength, which reduces the risk of chronic diseases such as heart problems and diabetes and also the risk of falls and fractures. It also improves mood and relieves depression and stress.

Walking with other people builds community and social support for physical activity. Foot traffic brings business to local stores and creates a feeling of safety in a neighborhood. People who walk more reduce their dependency on cars, easing traffic congestion, and creating less air pollution and noise.

"I liked it because it was fun and I walked around and didn't even know I was exercising," said Tristan, a 1st grader enrolled at After School Enrichment Program at McKinley Elementary School and participant in the Shape Up SF Walking Challenge.

The Shape Up SF Walking Challenge is just the first component of Mayor Newsom's larger Shape Up SF Initiative. A partnership of City departments and community-based organizations, Shape Up SF creates environments that support healthy eating and active living by providing fun, motivating, and accessible opportunities for people who live and work in San Francisco to get physically active. Keep checking www.shapeupsf.org for more Shape Up SF Challenges throughout the year.

VISITACION VALLEY GRAPEVINE - FEBRUARY 2007 - 3

The Shape Up SF Walking Challenge is coordinated by the SF Department of Children, Youth and Their Families (DCYF) in partnership with the Office of the Mayor, Recreation and Parks Department, Department of Human Services, Municipal Transportation Agency (MTA), Police Department (SFPD), Department of Public Health (DPH), San Francisco Unified School District (SFUSD), and many community-based organizations.

## February Events at Valley Branch Library

Following are events in September at the Visitacion Valley Branch Library:

\*Feb. 6, Tuesday: Jam Along with Charity Kahn! featuring original music and movement for ages 3-5 at 10:30 a.m.

\*Feb. 6, 13, 20 and 27, Tuesday: Infant/Toddler Lapsit with stories songs and rhythms for young children ages birth-3 at 11:30 a.m.

\*Feb. 13 and 27, Tuesday: Preschool Storytime for ages 3-5 at 10:30 a.m.

\*Feb. 14, Wednesday: Preschool Videos for ages 3-5 at 10:30 a.m.

\*Feb. 23, Friday: Dance Kaiso: Celebrate the spirit of the Caribbean with an upbeat performance featuring songs, dances and drumming for ages 5-12 at 1 p.m.

Visitacion Valley Branch Library is located at 45 Leland Ave. (at Desmond Street). Call (415) 355-2848.

# TW AUTOMOTIVE

## COMPLETE AUTO REPAIR & MAINTENANCE

- Foreign & Domestic
- Brake Service
- Engine-Transmission
- Fuel Injection
- Electrical Service
- Insurance Work
- Air Conditioning
- Tune-up
- Muffler & Pipes
- Catalytic Converter
- Performance
- Dual Exhaust
- Custom Bending

Welcome

415-585-8281

VISA

ASE

2500 BAYSHORE BLVD. (at Visitacion)

## Police Warn Seniors Of Phone Scammers

San Francisco Police are warning the public to be highly suspicious of phone calls from persons claiming to be relatives in need of money or of strangers that ring their door bells claiming their vehicles have broken down and are in need of money.

Police have received three reports from elderly residents of San Francisco who have received phone calls from persons claiming to be their grandson.

The caller goes on to say that they were stuck in Phoenix, Arizona, that they lost their wallet or had car problems, and asked that money be sent by Western Union in the amount of \$450. In all cases the suspects did not know the grandson's name until the names were given by the victims.

The suspects asked that the money be sent to Robert Bailey or Ronald Bailey, since they had no identification to claim the money. Ages of the victims range from 81 to 93.

A similar scam occurred in San Francisco's Richmond District when a suspect came to the 77-year-old victim's door and introduced himself as a neighbor from down the block. The suspect said that he was involved in a car accident and that the tow truck driver would not accept his credit card. He needed \$85.00 in cash to pay the driver.

The victim gave money to the suspect, who said he would return in 30 minutes to repay him but the suspect never did return.

## EarthTalk

### Repainting the Walls

Dear EarthTalk: I'm moving into a freshly painted apartment, and am curious to know whether it makes any sense to repaint the walls with non-toxic paint in hopes of "covering up" the toxic stuff already there. Or is it too late? -Erin East, New York, NY

Conventional indoor paints do indeed release potentially toxic chemicals during and shortly after application; though once paint is dry the majority of the offending substances, collectively known as "volatile organic compounds" or "VOCs," tend to stay sealed up. As such, most people will not be affected once the telltale new paint smell has faded away.

If someone is suffering adverse health effects from exposure to fresh paint it should not be taken lightly. "Off-gassing" VOCs can cause serious respiratory tract irritation as well as visual impairment, headaches, dizziness and memory loss. Additionally, many VOCs have been shown to cause cancer in animals, and some are suspected of being carcinogenic to humans. Health effects vary greatly depending on the particular chemicals involved and the amount of exposure and individual sensitivity of those living with them. Besides paints, a wide range of other home products—including building materials, carpets, furniture, cleaning supplies and bug sprays—can emit VOCs.

If someone is suffering from respiratory problems or other symptoms upon moving into a freshly painted residence, or remaining sensitive long after a paint job, there are many paints now on the market that can help decrease the amount of VOCs emitted into the air.

Dear EarthTalk: I've heard the term "greenbelts" pertaining to the natural coastline barriers in India, Malaysia and Sri Lanka that protected some people from the worst of the Indian Ocean Tsunami. But what are greenbelts that exist in urban areas? -Helen, via e-mail

The term "greenbelt" refers to any area of undeveloped natural land that has been set aside near urban or developed land to provide open space, offer light recreational opportunities or contain development. And yes, the natural greenbelts along areas of Southeast Asia's coastlines, including the region's mangrove forests, served as buffers and helped to prevent even greater loss of life from the December 2004 tsunami.

Greenbelts in and around urban areas have probably not saved any lives, but they are important nonetheless to the ecological health of any given region. The various plants and trees in greenbelts serve as organic sponges for various forms of pollution, and as storehouses of carbon

amounts (up to five grams per liter or less) of toxic ingredients.

Some leading low-VOC paints can be obtained from manufacturers such as Cloverdale, Vista and Miller, to name a few. Industry leaders Benjamin Moore and Sherwin-Williams also offer own low-VOC lines. "Natural" paints and finishes, from manufacturers such as Livos, Alglia and BioShield, are made from raw ingredients such as water, plant oils, clay and milk protein, and as such usually contain minimal amounts of VOCs. Consumers can track down such healthier paints at retailers like the Environmental Home Center and Greenhome.com, and even at some of the larger home repair chains.

Precautions should be taken during the application of any paint. Only buy exactly what you need and apply it with adequate ventilation. Remember to always keep paints out of the reach of children and pets, and safely dispose of all unused product. If ventilation is not sufficient, wear a respirator with a filter that will capture and prevent the inhalation of VOCs.

Contacts: U.S. EPA "Introduction to Indoor Air Quality: Volatile Organic Compounds"; Environmental Home Center; Greenhome.com.

Dear EarthTalk: I've heard the term "greenbelts" pertaining to the natural coastline barriers in India, Malaysia and Sri Lanka that protected some people from the worst of the Indian Ocean Tsunami. But what are greenbelts that exist in urban areas? -Helen, via e-mail

The concept has also caught on in Canada, with the cities of Ottawa, Toronto and Vancouver adopting similar mandates for the creation of greenbelts to combat sprawl. Urban greenbelts can also be found in and around larger cities in Australia, New Zealand, Sweden and the United Kingdom.

The green belt concept has even spread to rural areas, such as in East Africa. Women's rights and environmental activist Wangari Maathai launched the Green Belt Movement in Kenya in 1977 as a grassroots tree-planting program to address the challenges of deforestation, soil erosion and lack of water there. To date, her organization has overseen the planting of 40 million trees across Africa. In 2004 Maathai was the first environmentalist to be awarded the prestigious Nobel Peace Prize. Why "peace"? "There can be no peace without equitable development and there can be no development without sustainable management of the environment in a democratic and peaceful space," said Maathai in her acceptance speech.

Contacts: American Forests Urban Sprawl Information; Greenbelt Alliance; The Green Belt Movement.

Go to environmental question?? Send it to: EarthTalk, c/o E/The Environmental Magazine, P.O. Box 5098, Westport, CT 06881; submit your question at [www.emagazine.com/earthtalk.html](http://www.emagazine.com/earthtalk.html); or e-mail us at: [earthtalk@emagazine.com](mailto:earthtalk@emagazine.com).

dioxide to help offset global warming. "Trees are an important part of the city infrastructure," says Gary Moll of American Forests. Because of the many benefits trees provide to cities, Moll likes to refer to them as the "ultimate urban multi-taskers."

Greenbelts are also important to help urban dwellers feel more connected to nature. Dr. S.C. Sharma of the Council of Scientific and Industrial Research in India believes that all cities should "earmark certain areas for the development of greenbelts [to] bring life and color to the cement concrete jungle and [a] healthy environment to the urbanites."

Greenbelts are also important in efforts to limit sprawl, which is the tendency for cities to spread out and encroach on rural lands and wildlife habitat. Three U.S. states—Oregon, Washington and Tennessee—require their largest cities to establish so-called "urban growth boundaries" to limit sprawl through the establishment of planned greenbelts.

Meanwhile, the cities of Minneapolis, Virginia Beach, Miami and Anchorage have created urban growth boundaries on their own. In California's Bay Area, the non-profit Greenbelt Alliance has successfully lobbied for the establishment of 21 urban growth boundaries across four counties surrounding the city of San Francisco.

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## Book Review

### Former Boot Camp Inmate Tells His Story

They make the headlines when something goes terribly wrong: A child dies at the hands of guards administering "tough love." A child collapses from dehydration during an outing of "character building." For the most part, these are children—predominantly boys—who have not been convicted of crimes serious enough to warrant imprisonment. Because no one likes the idea of sending children to prison, there is a level of "treatment" for children that fly in the face of what most people would consider basic human rights. These are America's throw-away children, consigned by families or courts to facilities that purport to offer alternatives to "straighten out" children who seem to be in a downward spiral, from first-time offenders to incorrigible truants.

While this new breed of facilities for dealing with troubled children has been making news, the underlying philosophy is an old one. Richard B. Johnson, author of the new release *Abominable Firebug: A Memoir* (iUniverse 159 pages - \$15.95) is one of the few who has come forward to share his story in hopes to shed light on the crisis. Accused of arson as a child and imprisoned without trial at the notorious Roslindale juvenile detention center in Massachusetts, he subsequently spent years at the nation's first reform school, the Lyman School for Boys, in the 1950s. While the institution became infamous for hatching Albert DeSalvo, an adolescent inmate who "graduated" to become the Boston Strangler, Johnson tells unflinchingly of not only the many weaknesses of that institution, but also of the rare opportunities and occasional mentors that allowed him to become, in later life, an accomplished engineer, pilot and inventor.

Unfortunately, many children who have survived, and even thrived, in adulthood rarely publicly admit a troubled past; staff members who have found ways to make a difference are reluctant to risk being linked with institutions whose names are synonymous with abuse. Thus valuable experience that could bring about meaningful change is usually hidden.

Throughout the 20th century, there were various vogues for dealing with "incorrigible" children, including forced labor camps and reform schools. Over time, horror stories surfaced that attracted the attention of reformers, creating a public outcry that shut them down. "What has never been resolved, however, are the underlying issues: a willingness to ignore the rights of the children in

order to protect society from potential miscreants, and a culture of closed ranks combined with generally low pay for staff that results in an unfortunate percentage of brutal or simply untrained staff," says Johnson.

"Many people don't really care what happens to the nation's youth when they get in trouble with the law," Johnson says. "And many people who are in the 'juvenile corrections' industry deny that there remain any problems at all. Many of the problems of the '50s and '60s are just papered over. It's not much better now, because the juvenile court system does not use the same protocols or rules of evidence they would when trying adults. Children are simply second-class citizens, and if the child is nonwhite, he is even further removed from true citizenship. An extremely damaging environment is suffered by children when they are not considered to have any rights, and we are failing our children by not creating more of a public outcry."

Unlike crime, juvenile delinquency is not a high-profile issue in this country. "Basically it's an out-of-sight, out-of-mind situation for most of the public," says Johnson. "The general public needs to know something about these institutions. At the same time, we need to validate the many people who have dedicated their lives to helping displaced children, despite tremendous odds."

### IRS Announces 2007 Standard Mileage Rates

The Internal Revenue Service recently issued the 2007 optional standard mileage rates used to calculate the deductible costs of operating an automobile for business, charitable, medical or moving purposes.

Beginning Jan. 1, the standard mileage rates for the use of a car (including vans, pickups or panel trucks) will be:

\*48.5 cents per mile for business miles driven;

\*20 cents per mile driven for medical or moving purposes; and

\*14 cents per mile driven in service to a charitable organization.

The new rate for business miles compares to a rate of 44.5 cents per mile for 2006. The new rate for medical and moving purposes compares to 18 cents in 2006.

A taxpayer may not use the business standard mileage rate for a vehicle after using any depreciation method under the Modified Accelerated Cost Recovery System (MACRS), after claiming a Section 179 deduction for that vehicle, for any vehicle used for hire or for more than four vehicles used simultaneously. Revenue Procedure 2006-49 contains additional information on these standard mileage rates.

## Cooking Corner

### Game Day Chili

1 tablespoon vegetable oil; 1 red onion, chopped; 1 pound ground beef; 2 teaspoons chili powder; 1 teaspoon ground cumin; 1-1/2 teaspoons salt; 1 (16-ounce) can diced tomatoes; 1 (15-1/2-ounce) can red kidney beans, drained; 1 tablespoon original Tabasco® brand pepper sauce; 1 (11-ounce) can corn, drained; 2 tablespoons fresh chopped cilantro; Shredded cheddar cheese, chopped red onion, cilantro sprigs, optional.

Heat oil in medium saucepan over medium heat. Add onion and cook until tender, about 5 minutes, stirring occasionally.

In drippings remaining in saucepan, cook ground beef over medium-high heat until well browned on both sides, stirring frequently. Stir in chili powder, ground cumin and salt; cook 1 minute. Add tomatoes and their liquid, kidney beans and Tabasco sauce. Heat mixture to boiling over high heat. Reduce heat to low; cover and simmer 15 minutes, stirring occasionally. Stir in corn and cilantro; heat through.

Garnish with shredded cheddar cheese, red onion and cilantro sprigs, if desired. Makes 6 servings. **NAPS**

## FREE CERAMICS CLASS

For everyone 18 and older at  
Visitacion Valley Community Center,  
66 Raymond Avenue

Tuesdays from 9 a.m. to 4 p.m.  
Very therapeutic and fun. You do not need to stay  
the entire day...come for as long as you like.  
We have a wonderful teacher to assist you.

For more information, call the  
VCC Senior Program: (415) 467-4499

## Church of the Visitacion

Roman Catholic (1907)

### A Century in Visitacion Valley

Daily Masses  
(Mon-Fri) 7 a.m. & 5:30 p.m.

Saturday Masses  
7:30 a.m. & 5 p.m.

Sunday Masses  
8 & 9:30 a.m. (11 a.m.  
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including our spacious courtyard  
and many senior programs  
for the neighborhood!

Arts & Crafts

Bingo

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Fax: 239-2262

# Attention 3rd Street Motorists!

**NO LEFT TURNS  
NO COLLISIONS  
NO FINES**



**AVOID A \$154 FINE  
AVOID COLLISIONS**

The no-left turn signs along Third Street are being enforced, with Muni light rail vehicles being tested on the tracks.



San Francisco Municipal Railway  
A Division of the Municipal Transportation Agency



**RESPECT  
THE RAIL**

# Joe Leland

## around the neighborhood

\*T-Line Up and Running: Free weekend service continues through Apr. 1 on the new T-Third line from 10 a.m. to 7 p.m. for passengers who board trains at any station south of 4th and King streets. Take advantage while the price is still right!

\*College Cash: San Francisco College Access Center is having a free workshop, including a comprehensive overview of the Free Application For Student Aid (FAFSA) and information about grants and scholarships at Burton High School from 6 to 8 p.m. on Tuesday, Feb. 6.

\*CAC: Visitacion Valley's next Citizens Advisory Committee (CAC) meeting will be at the Visitacion Valley Elementary School auditorium, 55 Schwerin St. on Tuesday, Feb. 13 from 6 to 8 p.m. There will be information updated from the Redevelopment Agency along with discussions on community outreach expectations.

\*Looking for Old Photos of Visitacion Valley: The Visitacion Valley History Project is always looking for old photos and personal stories about the Visitacion Valley of yesteryear. The group of neighborhood residents formed to ensure our shared past will be preserved for our collective future. If you have photos that you would like to share (they will be copied and returned) please contact Edie Epps at (415) 467-0236 or Betty Parshall at [bparshall@flash.net](mailto:bparshall@flash.net)

\*Updates on Valley Meetings: Want to stay current on Valley meetings and events? Send an email to the Bob "Keeper of the List" Lehman requesting regular email updates: [rlpb@sbcglobal.net](mailto:rlpb@sbcglobal.net)

### Our New Neighborhood Library

#### An Open Letter from The Visitacion Valley History Project

The Visitacion Valley History Project, a group originally formed by the five residents who co-authored the Arcadia "Images of America" publication about San Francisco's Visitacion Valley, wishes to engage our entire community in a constructive dialogue. Our goal is to do everything possible to ensure the opening of our much-anticipated new branch library by the end of 2008, just in time to meaningfully celebrate the 100th anniversary of library services in our neighborhood.

As part of having met with City Librarian Luis Herrera and acquainting Supervisor Sophie Maxwell and the members of the San Francisco Library Commission with our objective, we have advocated that consideration be given to any and all options that would result in completion of the newly-sited Visitacion Valley branch, approved by the voters in November 2000, within the next two years.

The Visitacion Valley History Project specifically urges that, as part of the Branch Library Improvement Project (BLIP), the adaptive reuse of the existing Super Fair market building on Leland Avenue be strongly considered. Since the city already owns the site and the 10,000-square-foot building, it may be more cost-effective and timely to expend the funds already available on a major remodel.

Submitted by the Visitacion Valley History Project ([visvalleyhistory@hotmail.com](mailto:visvalleyhistory@hotmail.com))  
Cynthia Cox, Edie Epps, Jackie Fishtrom, Linda McKay, Russel Morine and Betty Parshall

#### Weekend Service Begins on New T-Third

##### From Page 1

Free service continues for passengers who board trains at any station south of 4th and King streets on the T-Third through Apr. 1 on weekends only, from 10 a.m. to 7 p.m. every 20 minutes on a route between Sunnydale and Castro Station.

There are now 18 new T-Third stations along the new 5.1 mile Bayshore Corridor light rail route adorned with 112 pieces of public art, including: Sunnydale, Arleta, LeConte, Gilman, Carroll, Williams, Revere/Shafter, Oakdale/Palou, Kirkwood/LaSalle, Hudson/Innes, Evans, Marin Street, 23rd Street, 20th Street, Mariposa Street, UCSF Mission Bay, Mission Rock Street, and 4th and King.

During the introductory period, passengers should take a transfer as proof of payment as required on all Muni Metro lines. The transfer will be good for transfer to and travel on any Muni line for 90 minutes.

Full weekday service is scheduled to begin on Apr. 7, when 15 T-Third bus service will be replaced by both the T-Third and 9X lines. Service changes will also occur on the J-Church and N-Judah lines.

Fully accessible, the new \$648 million T-Third line includes a new main

tenance and operations facility, along with 317 new jobs for local neighborhoods. Features also include: new street lights and enhanced streetscapes; pedestrian audible signals; and new traffic signals with priority signaling.

The San Francisco County Transportation Authority was the largest funding partner for the T-Third Street Project, providing \$286 million in voter-approved local transportation sales tax funds (Prop K) and another \$64 million in Authority-directed state funds. These funds, in addition to other federal, state and local dollars, made the \$648 million project possible.

For details about the T-Third Street Project visit [www.sfmuni.com/cms/msc/const/3rdover.htm](http://www.sfmuni.com/cms/msc/const/3rdover.htm). For more information on Muni service, please call Muni's Telephone Information Center at (415) 673-MUNI (673-6864), or visit Muni's Web site at [www.sfmuni.com](http://www.sfmuni.com). For information on Muni's Accessible Services Program, please call (415) 923-6142 (TTY 351-3443).

For more information about parking and traffic regulations visit the Department of Parking and Traffic Web link at [sfgov.org](http://sfgov.org).

## Five Things Most People Can Really Learn from Toddlers

by Kathleen Porter

Toddlers hold the key to back pain relief. They may have to rely on grown-ups to teach them how to tie a shoe and use the potty, but when it comes to knowing how to sit, stand, bend and walk with ease, we can take our cues from these little ones. Moreover, toddlers, in spite of their tender age, hold the secret of good posture. All healthy babies teach themselves how to stand and walk by falling down enough times to discover the central axis along which they must align in order to balance a heavy head on top of the spine. In fact, the back pain sufferer is far more likely to have veered off from this axis than the person who ages with the alignment of a toddler. The shocker is that this posture is surprisingly different from what most people have been taught about sitting or standing "up straight." And it isn't rocket science; we knew it when we were toddlers, and we can learn it again as adults.

Here are five things that toddlers know about posture that you've probably forgotten:

\*Toddlers rely on their skeletons to hold them up. Without aligned bones, they fall down. Babies know that their leg bones must be vertical when standing, just like foundation posts on a building. You can check to see if your leg bones are vertical by standing sideways in front of a mirror and moving your legs back and forth. Observe how the pelvis swings like a bell in a church tower. When the front rim of the "bell" is aiming back between upright vertical legs that serve as pillars or sturdy columns, the pelvis is in the neutral position that supports the spine along the axis.

\*Toddlers sit squarely on their sit bones. To locate these bones, sit on a level surface with your feet flat on the floor and slide your right hand, palm up, under your right buttock. Let your weight come down onto your hand and roll around until you feel a bony "knob" pushing into your hand. Next, place your weight directly onto both sit bones (there's another one on the left side) by pulling the flesh of the buttocks out behind you. Bring awareness to the pubic bone now, where two bones of your pelvis meet low in the front. Slowly move the pubic bone upward away from the seat, observing the rounding that comes into your back as your spine collapses. Notice, also, how your weight has rolled onto the back edge of the sit bones. Now, as you begin to press the pubic bone downwards into the seat, observe the rolling forward of the pelvis and the lengthening of the spine as it rises upward. Just as you did while standing, you've succeeded in placing the pelvis in the neutral position that all toddlers discover.

\*Toddlers do not lift or collapse their chests. To do either would cause them to lose their balance. "Home base" requires that the pelvis be in its neutral position to allow the rib cage to hang suspended from an extended, aligned spine. You can experiment with this by first "parking" your pelvis in neutral, with the pubic bone aiming down into the chair. You may have to concentrate to prevent the pubis from rising up away from the chair as you first lower, then lift, your breastbone a few times. Notice the rounding that comes into your back when you sink your chest, and the arching backward of the spine that occurs as you lift the chest up. (Note: Because lifting the chest when the pelvis is in neutral causes the spine to arch backward, do not take this any farther than is comfortable.)

Whether collapsed or ramrod straight, these are the two either/or positions that many people think are their only options. Repeat this movement again, this

time very slowly, to see if you can detect the relaxed middle where your chest is neither collapsed nor lifted and where your spine comfortably supports itself like the trunk of a tree.

\*Toddlers do not firm their "abs" or suck in their bellies. Tightening the "abs" (rectus abdominis) interferes with natural breathing by binding up the diaphragm, the primary muscle of respiration. Give this experiment a try. Suck in your abdominal muscles and hold for a few seconds, long enough to notice that you've stopped breathing. Now relax your belly ever so

slightly, then a little more and a little more, and you will experience how breathing returns quite naturally. Every one of the billions of cells in your body requires a healthy supply of oxygen for its food, a fact that illustrates the damage caused by the culturally-imposed standard that tells us that women must have flat bellies, while men should aspire to have "six-pack" or "killer" abs. Learning to align the bones so that we don't have to build artificial, tension-storing "strength" to hold us up is an essential component of natural, relaxed breathing.

See Page 11

## Weathering the Six Perils of Retirement

by David Corbett

You couldn't wait to retire. Now you've done it, and your life feels unshinged. Your calendar and email in-box are empty. Your spouse wants you to do anything that involves leaving the house. And you feel guilty for not being productive.

Welcome to retirement. Even those who work part-time after leaving a primary career, as most people now

do, face major logistical and psychological challenges. Retirees who don't anticipate these landmines may learn about them the hard way. But you can prepare for them.

Here are six pockets of turbulence and suggestions for how to avoid them:

1. *Where did the time go?* Retired people often say they've never been so busy in their lives. But there's a difference between being busy, on the one hand, and on the other, being engaged in doing things that satisfy, help us grow as human beings, or enable us to help others. You may ask, "How did I get swept up in a bunch of activities that, to be honest, don't excite me all that much?" Certain activities, considered alone, may be good and worthwhile, but what about other demands on your time? A key rule is to reject demands on your time that don't fit your short- or long-term goals.

2. *"I used to..."* People often make the mistake of allowing themselves to be defined by their careers. If they fail to diversify, they pay the price—unhappiness—when a career is pulled away. For a driven type person who was a top corporate executive, it might take a while to get over the social awkwardness of not defining oneself by one's career. In reality, you don't lose your identity when you quit a job. You lose that identity, and you shed one of your identities. But you who you fully are, inside, as a human being, is deeper. Look at your identity as a work-in-progress that evolves with you. Ask questions you may have thought were answered once and for all. Who am I? Do I matter? What can I do?

3. *Loss of work-related social bonds.* Even if you're making new friends, a key set of relationships with people in your life have changed. Not facing this reality and, as a result, not taking time for proper closure with these relationships, can leave you feeling rejected when former colleagues don't call you up. That isolation can prevent you from moving forward in your life. Build your new networks before you leave your job. Find new social circles. Turn to family and old friends for support.

4. *Loss of support systems.* This one is hard for people who had secretaries,

ally works with a tiny acrobat to do amazing flying stunts.

Other regular Saturday activities include:

\*Morning Family Ceramics from 10 to 11:30 a.m. (\$5 a person workshop fee)

\*Meet the Animals from 11:15 a.m. to 12 noon.

\*Animal Feeding at 12 noon.

\*Golden Gate Model Railroad Club Exhibit from 11 a.m. to 4 p.m.

Science Fair Winners

Winning projects from the annual San Francisco Middle School Science Fair are on display through Mar. 2, beginning Feb. 24 at 1 p.m.

## Saturdays are Special At Randall Museum

The Randall Museum offers drop-in, hands-on art and science workshops every Saturday from 1 to 4 p.m. at 199 Museum Way (off Roosevelt, above the Castro). Workshops are \$3 per child; \$5 for a parent and child combo. All kids under 8 must be with a paying adult. Call 554-9600 for more information.

\*Feb. 3: Visit the new exhibit Bee Sculptures, then sculpt and paint a bee of your own.

\*Feb. 10: Pop-up Valentines - Design a one-of-a-kind card.

\*Feb. 17: Mini Catapults and Tiny

Acrobats - Make a catapult that re-

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For More Information, Please Contact  
Sandra Davis, Executive Director at (415) 333-2659

## Annual Report of Single Family Homes Sold in 2006 for Visitacion Valley

	Sold \$	Bd/Ba	Sq. Ft.	Date Sold		Sold \$	Bd/Ba	Sq. Ft.	Date Sold		Sold \$	Bd/Ba	Sq. Ft.	Date Sold
220 Argonaut Ave	475,000	4/2	1726	June 16	245 Desmond St	628,000	2/1	1012	Mar 14	320 Harkness Ave	699,000	3/2	1260	Apr 14
44 Burr Ave	500,000	4/2	1728	Sept 15	546 Campbell Ave	629,900	3/2	1287	Jan 20	477 Harkness Ave	700,000	7/3	2500	Nov 7
1243 Sunnydale Ave	500,000	4/2.5	1725	Nov 22	1044 Goettingen St	632,000	2/1	830	July 28	338 Teddy Ave	700,000	2/1	800	July 13
56 Burr Ave	500,000	4/2.5	1728	Jan 13	630 Campbell Ave	635,000	2/1	955	Oct 5	37 Ervine St	701,000	3/2.5	2157	Mar 16
174 Garrison Ave	504,123	3/2.5	1350	Oct 24	120 Ankeny St	638,000	3/1	1100	June 13	961 Goettingen	705,000	2/1	836	Dec 5
322 Schwerin	535,000	3/2.5	1350	Oct 26	102-106 Teddy Ave	640,000	2/1.5	525	Nov 30	1215 Brussels St	710,000	3/2	1425	Apr 21
44 Garrison Ave	550,000	4/3	1726	Sept 29	994 Rutland St	642,000	2/1	1400	June 6	487 Sunrise Way	715,000	4/2	1000	Sept 22
55 Rey St	550,000	2/1	1180	April 28	307 Teddy Ave	647,000	3/2		Mar 7	136 Tioga Ave	715,000	5/2	1125	Aug 17
210 Parque Dr	555,000	3/1	1165	Dec 7	532 Velasco Ave	650,000	4/2	1168	Sept 25	994 Rutland St	718,000	3/2	1400	Sept 1
1155 Brussels St	555,000	3/1		March 7	1368 Goettingen St	655,000	2/1	832	Oct 3	975 Girard St	718,000	3/3	1600	Apr 7
301 Elliot St	562,600	2/1	975	May 12	3250 San Bruno Ave	658,600	2/1	1375	Aug 28	691 Campbell Ave	720,000	3/2	1873	Feb 23
1422 Sunnydale Ave	565,000	4/2	1173	May 4	132 Cora St	659,000	2/1	900	Apr 28	1230 Visitacion Ave	730,000	4/2	2250	July 27
62 Kelloch Ave	565,000	4/2.5	1725	Feb 17	150 Ward	660,000	3/2	1125	Apr 24	51 Melra Ct	745,000	3/2	1440	Aug 24
40 Teddy Ave	577,000	1/1	900	March 17	57 Pasadena St	660,000	3/1	1058	Sept 20	207 Sawyer St	745,000	6/3	1340	July 21
116 Britton	585,000	2/1	1025	Aug 29	916 Brussels St	661,000	2/1.5	1275	Mar 23	30 Alder St	780,000	5/2	1866	Feb 6
107 Britton St	587,000	0/2	1550	April 17	200 Alpha St	665,000	2/1	1125	July 28	207 Sawyer St	780,235	6/3	1800	Feb 3
362 Velasco Ave	595,000	4/2.5	1726	April 11	908 Sunnydale Ave	665,000	2/1.5	1118	June 29	261 Santos St	785,000	3/2	1237	Sept 12
550 Argonaut Ave	595,000	5/2.5	1726	May 18	1 Wabash Ter	665,000	2/1	800	Aug 18	257 Desmond St	790,000	5/2	1940	June 1
186 Raymond Ave	608,000	2/1	1000	July 7	2108 Bayshore Blvd	680,000	2/2	1225	Mar 21	379 Raymond Ave	795,000	3/2	1475	Nov 29
332 Wilde Ave	610,000	3/2	1685	May 25	154 Schwerin St	685,000	2/1	825	May 11	213 Velasco Ave	840,000	5/2.5	2400	Apr 25
37 Tioga Ave	610,000	2/1	1146	Feb 6	63 Castillo St	685,000	3/2.5	1077	June 30	9 Teddy Ave	860,000	4/4	2643	June 23
115 Parque Dr	618,000	3/1	1119	June 28	314 Alpha St	685,000	4/1	1150	July 9	245 Harkness Ave	883,000	4/2	1429	May 5
1200 Brussels St	620,000	2/1	1300	July 31	283 Hahn St	687,000	4/2	1500	June 14	247 Schwerin St	920,000	6/5	3415	Oct 25
42 Loehr St	625,000	3/2	1243	June 30	559 Campbell Ave	690,000	5/2	1475	Mar 24					
65 Alder St	625,000	2/2	1150	Dec 5	839 Rutland St	699,000	3/2	1452	June 21					

Total Single Family Homes Sold: 73; Average Sold Price: \$659,280

Average Sq. Ft: 1393; Average Day on Market: 47; Average price/sq. ft.: \$521

Data Sources from: San Francisco Realtor Association, MLS. Information deemed reliable but not guaranteed

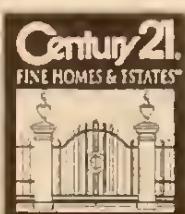
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## Watercooler Counsel

by Rich Proulx & Malinda Tuazon  
**Hiring Do's and Interview Don'ts**

Q: I was feeling pretty good about my job interview, until the interviewer asked me to identify my race. (A lot of people assume I'm Hispanic, because of my complexion and last name, but my dad's Filipino and my mom's Italian.) Is there any good reason she would ask about that? If I don't get the job, what I can do? - Hoping to be Hired, Nampa, ID

A: It's not illegal to ask about race, it's just not a great idea for employers to do this. "My first question to the employer would be, 'Why do you need this information and what are you going to do with it?'" commented EEOC Attorney David Offen-Brown. "Asking about race - or for that matter color, religion, national origin, sex or age for workers 40 years or older - puts that employer at risk of appearing to make hiring decisions based on what she found out. And that's what may violate the law. There are some occasions that justify an employer asking certain questions at the interview: federal contractors may be required by law to track the race of applicants. But asking about disability is a flagrant interview no-no - it's prohibited by the Americans with Disability Act of 1992." Discrimination at the time of hire can be hard to prove, but if you've gotten cues that indicate your rejection is due to your ethnicity and not your qualifications for the job, you can certainly file a charge with EEOC.

Q: In the last five years, our marketplace has dramatically changed, with rising numbers of Latinos and other immigrants. I'm convinced that our company needs to reflect that change and hire more folks from these growing populations to stay competitive. What can I do to increase diversity at my stores, without getting hit with claims of "reverse discrimination"? - Stuck Between 'If You Do' and 'If You Don't', Carson City, NV

A: You can always run job advertisements stating "Minorities and Women encouraged to apply," and improve outreach to particular communities by posting in a Spanish-language newspaper, for example. It's great to be aware of how things like word-of-mouth hiring can promote unconscious bias, limiting the hiring pool to friends and family of current employees who tend to be of the same race or national origin. But don't make these your criteria for hiring.

Q: I recently ran a marathon to raise funds for cancer research as a way to celebrate my second year of being cancer free. I put up posters in my cubicle and asked for donations from a few of my coworkers. I told a few people the reason I was running because I feel so lucky to have a second chance at life. I hate to jump to conclusions, but since then I feel like my HR Manager and some supervisors have been acting strangely with me. The HR Manager asked me (in what he thought was a casual way) how long I was out of work dealing with chemotherapy and its side effects. I'm not even sick now, but I feel like they're treating me like I am going to die within the month. Am I being discriminated against? - Cancer Free in Corvallis, Corvallis, OR

A: What a great question! Many people believe that the Americans with Disabilities Act (ADA) only applies to individuals with current disabilities, that is, people with current substantial limitations on their major life activities. In fact, the ADA also protects people from discrimination if they have a history of a disability or perceived to have a disability. You know you're cancer free, but your HR manager may be simply seeing you as a representation of future long-term absences and rising insurance premiums due to all of the expensive treatments you may need if your cancer returns. Your supervisors, based on their own beliefs or misund-

standings about cancer, may now see you as a person with a weak constitution\* they may now feel guilty for demanding long hours from you. For an employer, learning that an employee had a history of a disability should not trigger any different behavior towards that employee. So, it wouldn't be appropriate for your HR Manager to ask you for medical clearance upon learning you once had cancer if you've otherwise been performing well. However, it wouldn't be unreasonable for him to simply ask you if you need any changes or accommodations in order to do your job. If you don't need anything (which seems to be the case), the conversation should stop right there. If your feeling of strange vibes persists, you might consider sitting down with supervisors and your HR Manager and simply educate them a bit on your current condition. Often times, dispelling myths is the most effective way to fight discrimination.

Q: I am a small business owner and as we're growing, I've decided to begin providing health insurance for my employees. While researching different plans, I have seen some which have a cap on benefits for certain diseases like HIV and cancer. This seems reasonable to me, but my wife wanted me to double check it wasn't breaking any laws. Why is it so difficult to provide benefits for my employees? - Scrupulous Supervisor, Salmon, ID

A: Once you've finished thanking your wife, come back and read why that was a great suggestion on her part. While there are some insurance companies which have benefit limits for each individual covered, others single out specific health conditions for which they pay only to a certain maximum amount. There is nothing discriminatory about having benefit limits as long as they apply to all health conditions equally. Where things get sticky is when certain health conditions are enumerated as having caps and others are not. I understand your logic in thinking this is reasonable\* it's the same logic the insurance companies use\* certain health conditions are more likely than others to rack up high costs. However, picking and choosing which health conditions receive the most or least benefits can be likened to picking and choosing to lay off employees based on their race. I think you know the direction that goes! And for the record, even though it's the insurance company that created the discriminatory plan, if you offer that plan to your employees, it lands you straight on the liability hook (ouch). If you'd like more innovative ideas, check out the winners of EEOC's Freedom to Compete awards. Representing a range of industries and professions including high-tech, food service, engineering, public service, and health care, these recipients were

selected for specific programs that promote free and fair workplace competition and increase access, inclusion, and promotional opportunities for qualified workers. In fact, once you succeed in setting up your diversity program, consider applying for an award yourself - the deadline for applying this year is February 13, 2007! Further information about the nomination submission criteria, procedures, and previous award winners is available on the Commission's web site at [www.eeoc.gov](http://www.eeoc.gov).

Q: The other day, one of my older workers pulled me aside to complain about his coworkers and the language they use with each other. "These kids keep calling each other the 'n' word. That is simply unacceptable. Tell them to stop it." Most of these younger workers are African American, but he and I aren't. Isn't this just a case of young people using hip-hop slang? And if they don't aim it at anyone else, do I really need to get involved in this intergenerational mess? - Don't Have Time For This, Daly City, CA

A: Regardless of what they say about "sticks and stones," ignoring name-calling or "harmless" horseplay can really hurt a company. Anytime an employee puts you on notice, that's a key opportunity for an employer to step up to the plate. Even if the name calling wasn't aimed at the person complaining, take it seriously because the laws against workplace harassment do. "The victim does not have to be the person harassed but could be anyone affected by the offensive conduct," explains EEOC Supervisory Investigator Francisco Melara. "Even if people talk and joke around in a certain way with friends on personal time, it's wise to make it clear that there are different standards for language and behavior at work." The question should never be, "Is this serious enough for me to get involved?" because you want to intervene before it gets serious. The legal standard for harassment is "severe or pervasive." Best to nip things in the bud and take action before your workplace fits this definition. Setting ground rules and eliminating misunderstanding early on will save you headaches down the line.

Q: I was just diagnosed with SAD (Seasonal Affective Disorder): I feel sluggish and don't have any drive. It's definitely affecting my work, so my doctor suggested a window office to increase daily exposure to sun light. My supervisor took one look at the doctor's note and told me it was impossible window offices are allocated based on seniority. Is this disability discrimination? - Woefully Windowless, Winnemucca, NV

A: If you believe your employer is refusing to accommodate your disability, you can certainly call the EEOC. But before you pick up the phone, let's review the reasoning behind a "reasonable accommodation." *See Page 11*

## Visitacion Valley Community Center Senior Program

Funded by S.F. Department of Aging & Adult Services

Open 365 Days a Year  
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Senior Bingo - Holiday Crafts  
Senior Council - Day Outings  
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Ceramics - Potlucks  
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Holiday Celebrations

66 Raymond Avenue 467-4499

## Bayview Police Update

by Bayview Captain Albert Pardini

\*Sunday, Dec 24, 6:30 a.m., Silver and San Bruno Aves. Car Jacking, Kidnapping, Robbery: A gas station employee was robbed at gun point and kidnapped in his van. The employee, of Middle Eastern descent, was getting into his van, when two white men wearing a hat and a shirt combination with "FBI" written on them approached him. The pointed guns at him and said, "FBI, you are a terrorist, you know Bin Laden." One of the men placed the victim in handcuffs and placed him in the back of the victim's van. They saw that there was a safe in the van and found the keys on victim and opened the safe and took six to seven thousand dollars.

The suspects drove the van and the victim a short distance. They parked the van and told the victim to stay put. The victim waited over an hour before he got out of the van. The victim, still handcuffed, walked back to the gas station and called 911. Another gas station worker saw the incident but did not call the police because he thought the suspects were the actual FBI. The van was found and processed by CSI. The first suspect is described as a white male, unknown age, 5'06" 150 lbs with a goatee. The second suspect is described as a white male 5'04" 175 pounds. Both suspects were wearing FBI hats, FBI shirts, vests that appeared to be bulletproof vests, black boots and sunglasses.

\*Monday, Dec 25, 8 a.m., Silver Ave. and Bayshore Blvd. Assault with a Bottle, Robbery: A young Latin man was waiting for the bus when a black Honda pulled up next to him. The occupants, three Latin males wearing ski masks, got out of the Honda. One of the attackers yelled at the victim, "What do you claim?" This is Latin street gang jargon, which translates into what gang do you belong to. Another assailant swung an empty bottle at the victim. The assailant swung the

bottle at the victim again, this time breaking the bottle over the victim's forearm cutting it. Another assailant stole the victim's wallet. The victim was treated for his injuries at SFGH. The victim denied any gang affiliation. It was not determined what gang the attackers were aligned with.

\*Tuesday, Jan. 9, 6 p.m., 2400 Block of San Bruno Ave., Fraudulent Checks: A young man was arrested this evening after attempting to pass a fraudulent check. The bank teller noticed that the check the young man gave him did not match the other checks of the account holder. As the other tellers at the bank were looking at the check the man became nervous and ran out of the bank. The bank manager followed him out and flagged down a passing patrol car and he was brought into custody. The young man said that the day before he was standing on the corner when a man in a truck asked him if he wanted to earn extra money. He said yes and jumped in the truck. The man had him move some boxes and when he was done he gave the young man the check because he did not have any cash. The account holder arrived at the bank and confirmed the check was indeed fraudulent. Further, he did not know the suspect. The suspect was booked for fraud and burglary charges.

## Year of the Pig at S.F. Zoo

The San Francisco Zoo will go "hog wild" during a special kick-off celebration of the annual Lunar New Year on Feb. 18, from 11 a.m. to 3 p.m.

This year honors the Year of the Pig, and the Zoo will feature its resident pigs including warthogs and the very cute Kune Kune pigs - a rare species of swine - with keeper talks and piggy treats.

The San Francisco Zoo is located on the Great Highway between Skyline and Sloat Boulevard, adjacent to the Pacific Ocean. For more information, call 415-753-7080 or visit the San Francisco Zoo's Web site at [www.sfzoo.org](http://www.sfzoo.org).

## VISITACION VALLEY DENTAL OFFICE

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Wednesday Bible Study: 11:00 a.m.  
Friday Bible Fellowship: 7:30 p.m.  
Saturday Choir Rehearsal: 10:00 a.m.

You are cordially welcome to join us for study, worship, fellowship and service. We seek to teach the Bible and to lift up Jesus Christ so He can draw all persons to Himself.

Come to Church This Week

## Visitation Valley Police Report

by Ingleside Captain Paul Chignell  
**Accomplishments in 2006**

\***Sunnydale:** The Sunnydale Housing Police Contingent has been a marked success in lessening the violence in Sunnydale. These community-oriented officers under the direction of a sergeant have been lauded by the Housing Authority, tenant, community groups and other stakeholders.

\***Traffic Enforcement:** Members of the Ingleside Station wrote 9,322 moving traffic citations in 2006, fully 1,600 more than the closest police station.

\***Scofflaw:** A Station Scofflaw program was created in the last quarter of the year to cut through the bureaucracy and allow residents to call and email with violators. Station personnel then immediately tow the vehicles rather than having residents wait days and weeks for resolution. Forty cars have been towed resulting in accolades from residents.

\***Community Policing:** A new model of community policing was promulgated in the Ingleside in 2006 that has resulted in a multitude of successes. Community members are solicited for community problems. The members are then convened with the officers at a station to assess and decide on a collaborative solution. An action plan takes place and then the community members are reconvened to assess the result. Eight exigent neighborhood problems have been and are being resolved with this model.

\***Neighborhood Interaction:** Community policing in interacting with a score of well established neighborhood organizations has been taken to a new level. Sergeants are directly assigned to leaders of the organizations for queries and community policing projects. Communication with and attendance at these organizations is constant and unrelenting. All officers at the station are part of the mantra of Ingleside Station/Neighborhood Organizations.

\***Email:** Ingleside in 2006 is the only station with a daily email of crimes and arrests for the residents. Close to 2,000 community partners receive the email and use this medium to connect with station personnel. It is a success beyond our expectations as folks can interact 24 hours a day and be ensured that within hours their concerns will be assessed and addressed.

### Police Cases

\*On Dec. 13 at 3:19 p.m., officers observed a suspicious vehicle at Shelley and Mansel. When contacting the occupant, they found the resident of the first block of Sparta was in possession of marijuana. He was cited.

At 4:31 p.m., an officer stopped a vehicle at Sunnydale and Schwerin for a stop sign violation.

The driver, who lives on the first block of Talbert, was driving with a suspended license and was uninsured. He was cited and his Toyota was towed.

At 6:12 p.m., Sunnydale Housing Community Policing Officers spotted a suspect who was wanted for attempted murder. They tracked the suspect to the first block of Brookdale and arrested him.

The suspect, who lives on the 1500 block of Eddy, was also in possession of crack cocaine.

\*On Dec. 14 at 10 a.m., officers went to the first block of Blythdale where a woman had threatened her grandmother with a knife, cut television cables and brandished a knife. She was arrested on numerous charges.

At 10:09 p.m., officers went to the first block of Tomaso Court and arrested a suspect who had threatened the victim with a knife after a landlord/tenant dispute.

\*On Dec. 15 at 2:07 p.m., officers stopped a vehicle at Sunnydale and Talbert for no license plate. The driver, who lives in Antioch, was driving with a suspended license. He was cited and his 1992 Acura was towed.

\*On Dec. 16 at 2:30 a.m., officers cited a resident of the first block of Brookdale for assaulting a woman at 3rd and LaSalle the past evening.

\*On Dec. 17 at 3:28 a.m., an officer stopped a vehicle at Bayshore and Visitation for violating a right of way at an accident scene. The driver, who

lives on the 900 block of Florida, was unlicensed and uninsured. He was cited and his 1995 Chrysler was towed. At 10:19 a.m., officers went to the 100 block of Brookdale where an adult daughter had attacked her mother with a stick, metal rod, and knife causing injuries. The officers took the daughter into custody and arrested her for felony assault.

\*On Dec. 18 at 3:25 p.m., officers were on plainclothes patrol at Leland and Peabody in response to community complaints of drug use and dealing. They located a suspect who lives on the 1500 block of McAllister who was in possession of suspected crack cocaine.

\*On Dec. 20 at 12:46 a.m., officers observed a vehicle being driven with irregular car registration. They pursued the vehicle and determined through their computer that the vehicle was stolen. They made a traffic stop at Blythdale and Santos. The driver, who lives on the first block of Robinson, has been arrested numerous times. He was booked for possession of an air gun, stolen auto, receiving stolen property and other violations. At 8 a.m., an officer stopped a vehicle for an equipment violation at Leland and Alpha. The driver, who lives on the 1700 block of Grove, was driving with a suspended license and was uninsured. He was cited and his 1991 Volkswagen was towed.

\*On Dec. 21 at 7:31 p.m., an officer was working a special violence prevention assignment when he spotted a suspicious person walking on Geneva near Santos. He stopped the suspect and a warrant check revealed that the resident of the first block of Blythdale was wanted on a drug warrant.

\*On Dec. 23 at 10:37 a.m. at Mansell and Visitation, an officer arrested a resident of San Pablo for driving with a suspended license and a warrant for the same thing. His car was towed. At 8 p.m., officers arrested two residents on the first block of Britton Court for threatening to kill each other and for felony assaulting each other with a hammer and wooden poles.

\*On Dec. 24 at 11 p.m., officers arrested a local resident on the first block of Brookdale for domestic violence, false imprisonment and resisting arrest.

\*On Dec. 25 at 2:38 p.m., officers on the first block of Blythdale arrested a resident of the 100 block of Dakota for driving a stolen car and driving with a suspended license.

\*On Dec. 26 at 5:10 p.m., officers spotted a wanted fugitive on the 1600 block of Sunnydale. The suspect, who has no permanent local address, was booked on a no-bail sales of narcotics warrant.

\*On Dec. 29 at 3 p.m., an officer arrested a husband at Leland and Rutland for beating and kicking his wife. At 4:17 p.m., officers went to Leland and Peabody where a suspect had threatened to kill another party over a pay dispute. The suspect was armed with a hammer. The officers located the suspect nearby and arrested him for threats and felony assault.

\*On Dec. 31 at 11:25 p.m., officers at Santos and Geneva cited a resident of the 200 block of Argonaut for fraudulent license plates.

\*On Jan. 1 at 12:35 a.m., officers and a police sergeant responded to the first block of Castillo on a domestic violence case where a boyfriend had struck the victim in the head with a vacuum cleaner. The suspect, who has been involved in previous domestic violence cases, and lives on the 500 block of Gates, was arrested on felony assault and criminal threats charges.

\*On Jan. 3 at 6:50 a.m., officers were patrolling McLaren Park at Shelley and Mansell when they encountered two suspicious people in a vehicle. Upon further investigation, the driver was found to be in possession of marijuana and paraphernalia. The resident of Citrus Heights was cited. At 3:29 p.m., an officer cited a juvenile resident of the 1600 block of Sunnydale for possession of an explosive device found at a school on the 400 block of Raymond.

\*On Jan. 4 at 3 p.m., a School Resource Officer on the 400 block of Raymond admonished two juveniles for possessing illegal knives at their residence on Nichols Way.

Raymond admonished two juveniles for possessing illegal knives at their residence on Nichols Way.

\*On Jan. 5 at 5 a.m., officers responded to the 900 block of Holyoke to back up the San Francisco Fire Department on a fire engulfing a vehicle in front of the residence. The officers found an entry to the residence to be unlocked and dry blood leading to the residence. A computer query of the vehicle on fire determined that it had been reported stolen. The officers conducted a comprehensive investigation in consultation with an inspector of the Auto Detail and determined that the premises could well be a "chop shop," meaning a location where vehicles that are stolen are dismantled and sold for profit. The officers located two other vehicles on the premises that had been reported stolen, found numerous car parts and identified a possible suspect. The investigation is continuing.

At 11:15 p.m., an officer stopped a vehicle at Santos and Blythdale for an equipment violation. The driver, who lives on Westbrook, was driving with a suspended license. He was booked for possession of a revolver and for crack cocaine after the execution of a search warrant. At 1:45 p.m. at another address on the first block of Blythdale, the same narcotics officers served a search warrant and arrested a resident there for possessing crack cocaine. The officers also seized live ammunition. At 1:45 p.m. at another address on the first block of Blythdale the same narcotics officers served a search warrant and seized an automatic handgun as well as ammunition. The investigation is continuing in identifying a suspect. At 2:40 p.m., officers arrested a suspect at Garrison and Rey for sales of cocaine and a probation violation. (In December, undercover officers purchased crack cocaine from a resident of the 1600 block of Wallace. The transaction occurred at Garrison and Rey.) At 2:41 p.m., a suspect at Garrison and Rey was arrested for sales of cocaine by officers. (Another narcotics purchase was made in December from a resident of the first block of Garrison.)

\*On Jan. 7 at 1:16 a.m., officers observed a suspicious person in a vehicle at Raymond and Sawyer. A warrant check revealed that a resident of the 400 block of Gellert was wanted on a drug warrant from the San Bernardino County Sheriff and driving with a suspended license and was uninsured. He was cited and his 1993 Chevrolet was towed. At 7 p.m., officers went to the first block of Brookdale where a suspect had struck his pregnant girlfriend and thrown her down some stairs. Officers located the suspect at a bus stop nearby and arrested him for domestic violence.

\*On Jan. 8 at 8:23 p.m., officers went to the 100 block of Rey where a man was violating a restraining order against his girlfriend after placing her in a headlock and breaking the window of her car. The suspect was arrested for domestic violence.

\*On Jan. 9 at 8 a.m. on the 200 block of Oneida, the School Resource Officer at James Denman Middle School, admonished three students who live on Foote and Alemany for taking other students' lunch money.

At 12 noon, the School Resource Officer at Visitation Valley Middle School, arrested two juveniles on the 400 block of Raymond who live on Nichols Way for attempting to take money from another student by using strongarm tactics.

\*On Jan. 10 at 12:02 a.m., officers stopped a suspicious person on the first block of Santos and after a consent search, the local resident was found to be in possession of suspected methamphetamine and marijuana.

\*On Jan. 11 at 9 a.m., officers and a police sergeant went to a residence on the first block of Blythdale where a 16 year-old girl took a metal cane to a middle aged relative and threatened his life. The girl was arrested for felony assault. At 7:45 p.m., an officer stopped a vehicle for a registration violation at Sunnydale and Santos. The driver, who lives on the 1700 block of Sunnydale, was unlicensed and uninsured. He was cited and his 1989 Honda was towed.

\*On Jan. 14 at 7:07 a.m., Sunnydale officers went to a residence on the 1800 block of Sunnydale where a boyfriend had beaten his girlfriend after she refused his sexual advances. The suspect, who lives on the 100 block of Northridge, was arrested for assault and violation of a restraining order.

\*On Jan. 15 at 2:51 p.m., officers and a police sergeant cited a ten year old granddaughter at Santos and Blythdale for striking her grandmother on the back of the head with a large stick, causing an injury.

\*On Jan. 16 at 4:05 a.m., officers responded to an assault of a woman at Raymond and Rutland. A suspect, who she knows, demanded sex but she refused. The suspect then threatened her and battered the victim. The

officers located the suspect in a nearby residence and arrested him on two charges. At 4:25 p.m., officers responded to a report of a domestic violence incident on the 1500 block of Sunnydale where the phone line went "dead." The officers found a victim who had been beaten repeatedly about the head. The suspect was arrested on four felony charges.

\*On Jan. 17 at 4:40 a.m., officers went to a residence on the 1200 block of Goettingen where a woman had been beaten by her husband and where he had stopped her from completing a 911 call. Officers assisted in arresting the suspect for two felony charges.

At 1:45 p.m., San Francisco Police Department Narcotics Officers responded to a residence on the first block of Blythdale and arrested a resident for possession of a revolver and for crack cocaine after the execution of a search warrant. At 1:45 p.m. at another address on the first block of Blythdale, the same narcotics officers served a search warrant and arrested a resident there for possessing crack cocaine. The officers also seized live ammunition.

At 1:45 p.m. at another address on the first block of Blythdale the same narcotics officers served a search warrant and seized an automatic handgun as well as ammunition. The investigation is continuing in identifying a suspect. At 2:40 p.m., officers arrested a suspect at Garrison and Rey for sales of cocaine and a probation violation. (In December, undercover officers purchased crack cocaine from a resident of the 1600 block of Wallace. The transaction occurred at Garrison and Rey.) At 2:41 p.m., a suspect at Garrison and Rey was arrested for sales of cocaine by officers. (Another narcotics purchase was made in December from a resident of the first block of Garrison.)

\*On Jan. 18 at 8 a.m., officers went to keep the peace between two prior cohabitantes at Heritage and Schwerin as one wanted to get his clothing. The officers had difficulty in keeping the parties separated. One party spit on the other. The officer cited the suspect, a resident of the area, for battery.

### Police Summaries

\*Dec. 13 9:30-11:15 a.m., 1900 block of Sunnydale Ave., burglary, window, dresses

\*Dec. 13: (occurred Dec. 12) Campbell Ave and Goettingen St., sexual assault, victim drugged, suspect known.

\*Dec. 13 Blythdale Ave. and Santos St., arson of vehicle.

\*Dec. 13 First block of Brookdale Ave., mental detention, 13 year-old girl.

\*Dec. 13: 1 Elliot St., found 2000 Honda.

\*Dec. 13 McLaren Park, mental detention, 55 year-old man.

\*Dec. 14: 7:30 a.m.-2 p.m., First block of Blythdale Ave., burglary, window, clothing, video games

\*Dec. 14: 10:00 a.m.-12 noon, 400 block of Raymond Ave., burglary, memory cards from computers.

\*Dec. 14: 1:30 p.m., 1900 block of Sunnydale Ave., burglary, back door, television.

\*Dec. 14: First block of Alpha St., impounded 1983 Mazda.

\*Dec. 14 First block of Cora St., mental detention, 22 year-old man.

\*Dec. 14: Delta St. near Arleta Ave., theft from locked vehicle.

\*Dec. 15: 11:57 a.m. First block of Blythdale Ave., burglary, three suspects, attempted, ran away

\*Dec. 15: 83 Brookdale Ave., found 1987 Chevrolet.

\*Dec. 15: First block of Castillo St., detention and release.

\*Dec. 15: 1649 Geneva Ave., stolen 1991 Jeep.

\*Dec. 15: 100 block of Hahn St., breaking windows, suspect known.

\*Dec. 15: First block of Kellogg Ave., threats, domestic violence.

\*Dec. 15: 500 block of Sawyer St., threats

\*Dec. 15: 1100 block of Sunnydale Ave., mental detention, 34 year-old man

\*Dec. 15: 1800 block of Sunnydale Ave., found 1995 Honda.

\*Dec. 16: 100 block of Leland Ave., annoying phone calls.

\*Dec. 16: 700 block of Velasco Ave., vandalism.

\*Dec. 17: 8:10 p.m., 100 block of Blythdale Ave., burglary, window, clothes, television.

\*Dec. 17: First block of Blythdale Ave., found 17 year-old man.

\*Dec. 17: 200 block of Schwerin St., false vehicle registration.

\*Dec. 18: 9:30 p.m. First block of Santos St., burglary, television.

\*Dec. 18: First block of Argonaut Ave., dispute.

\*Dec. 19: 6:28 p.m., 1600 block of Sunnydale Ave., shooting into dwelling, 5 shots into car

\*Dec. 19: First block of Arleta Ave., missing 15 year-old girl.

\*Dec. 19: 15 Blythdale Ave., found 1987 Nissan.

\*Dec. 19: First block of Blythdale Ave., medical assist, domestic violence.

\*Dec. 19: 80 Kellogg Ave., found 1989 Toyota.

\*Dec. 19: 84 Kellogg Ave., found 1989 Toyota.

\*Dec. 19: 92 Tioga Ave., found 1995 Honda.

\*Dec. 20: First block of Brookdale Ave., domestic violence, threats.

\*Dec. 21: 12:20 p.m., 100 block of Hahn St., bur-

glary, front gate.

\*Dec. 21: 9:00 p.m., First block of Cora St., burglary, front door, ransacked

\*Dec. 21: First block of Arleta Ave., found 15 year-old girl.

\*Dec. 21: Girard and Ward Sts., stolen 1990 Mazda

\*Dec. 21: 3500 block of San Bruno Ave., vandalism.

\*Dec. 21: 1600 block of Sunnydale Ave., threats by phone.

\*Dec. 21: 530 Wilde Ave., found 1984 Toyota.

\*Dec. 23: 11:07 p.m., Rey St. and Garrison Ave., attempted homicide with gun, victim armed with gun was shot numerous times by a group of suspects who fled on foot.

\*Dec. 30: 2:15 p.m., McLaren Park. A victim was chased by a Rottweiler and a pitbull and fell and hurt his head. There were no dog bites.

\*Dec. 30: 6:45-11:30 p.m., 1800 block of Sunnydale Ave., burglary, window, jacket.

\*Dec. 30: (occurred Dec. 16-17) First block of Leland Ave., Burglary/store/unlocked rear door/wristwatch.

\*Dec. 30: 10:20 p.m., 100 block of Schwerin St., robbery, three suspects took money after flashing metal object.

**Grapevine Puzzler**

Historic California III									
F	R	E	N	C	H	K	C	O	R
O	Y	N	I	N	O	E	L	I	V
R	O	T	C	E	H	A	R	I	S
S	O	L	D	C	D	N	W	O	T
T	R	O	F	C	A	V	A	L	E
A	R	B	E	S	D	F	C	D	A
L	A	M	J	N	S	D	F	C	V
F	U	L	P	I	T	L	J	M	X
R	I	E	L	J	S	O	N	C	C
B	H	Y	T	J	A	S	T	V	E
E	T	D	R	R	P	N	J	P	R
S	S	E	E	P	I	P	R	L	E
T	E	N	B	L	Y	G	F	A	A
O	R	H	R	O	V	B	F	E	H
W	W	O	I	E	G	U	L	C	E
N	F	N	L	H	U	M	E	A	N
T	A	T	L	F	R	E	E	M	A
T	R	A	H	A	M	M	O	N	T
Falk	Garlock	Hammonton	Hornitos	Humboldt					
Fertilia	Genessee	Georgetown	Happy	City					
Fiddletown	Gold Camp	Goldstone	Valley	Hume					
Folsom	Goldstone	Goldstone	Harrisburg	Indian					
Forbestown	Forest	Goler	Hart	Gulch					
Forest Hill	Freeman	Graniteville	Hayden	Inskip					
French	French	Grant	Hill	Inyo					
Corral	French	Grass	Hector	Ione					
French	Flat	Valley	Stage	Ivanpah					
Flat	French	Greenwater	Station	Jackson					
Gulch	Gulch	Grub	Helena	Jamestown					
Furnace	Halls	Halls	Herbertville	Johannesburg					
		Flat	Holy City	Johnsville					
				Julian					

**Historic Proportions**

1885

Match clues to answers.

- Established on May by King Léopold II of Belgium.
- Arrived in New York Harbor on June 17.
- His Adventures of Huckleberry Finn was published for the first time on Feb. 18.
- On July 6, he successfully tested his vaccine against rabies.
- L.A. Thompson patented this on Jan. 20.
- Eastern Rumelia declared its union with this country on Sept. 6.
- Completed on Nov. 7.
- This was served for the very first time on Dec. 1.
- On Mar. 4, he became President of the United States.

10. This was dedicated on Feb. 21.  
11. On Mar. 31, the United Kingdom established a protectorate over this.

12. This was legalized in Great Britain on July 20.  
A. Canadian Pacific Railway  
B. Roller coaster  
C. Dr. Pepper  
D. Mark Twain  
E. Bulgaria  
F. Congo Free State  
G. Bechuanaland  
H. Washington Monument  
I. Statue of Liberty  
J. Professional football  
K. Louis Pasteur  
L. Grover Cleveland

Answers: 1-F, 2-L, 3-D, 4-K, 5-B, 6-E, 7-A, 8-C, 9-L, 10-H, 11-C, 12-I.

**Sez Who?**

Match quotes to speakers.

- "If opportunity doesn't knock, build a door."
- "You can live to be a hundred if you give up all the things that make you want to live to be a hundred."
- "If you wish to forget anything on the spot, make a note that this thing is to be remembered."
- "Common sense is genius dressed in its working clothes."
- "The point of living, and of being an optimist, is to be foolish enough to believe the best is yet to come."
- "Nothing in fine print is ever good news."
- "Happiness is having a large, loving, caring, close-knit family in another city."
- "A radical is a man with both feet planted firmly in the air."
- "The surest way to be late is to have plenty of time."

- A. Edgar Allan Poe  
B. Andy Rooney  
C. Franklin D. Roosevelt  
D. Milton Berle  
E. George Burns  
F. Ralph Waldo Emerson  
G. Peter Ustinov  
H. Woody Allen  
I. Leo Kennedy

Answers: 1-D, 2-H, 3-A, 4-F, 5-C, 6-B, 7-E, 8-C, 9-L.

**Grapevine Five Years Ago****FEBRUARY 2002**

\*Muralist Josef Norris guided 4th graders from Visitation Valley Elementary School to paint a mural on the outside of their school as part of a 16-week workshop funded by the San Francisco School Volunteers.

\*Friends and neighbors came to the Community Center Jan. 18 to celebrate the appointment of Brenda Lopez as executive director of the Department of Children, Youth and Their Families.

**Sump, the Gump****Eight Ways to Enjoy Valentine's Day Without a Significant Other**

Everywhere you look headlines, billboards and advertisements are telling us how to celebrate Valentine's Day. If you're in a relationship all this hype can be fun and romantic, but what if you don't have a significant other to celebrate Valentine's Day with this year? All these messages can be grueling whether you're an adult or a teenager.

The folks at HeyUGLY.org say you don't have to be doomed to a day and

**Poor Rix's Almanac**

by Rix Quinn

Hey, Poor Rix: What should I give my special someone for Valentine's Day? - Jessica

Millions celebrate February 14 by giving flowers, candy, and cards to express romantic love. And some buy presents for their spouses, too.

Valentine's Day offers ladies the opportunity to declare affectionate thoughts with a lovely card. Most men, however, know they should spend a lot of money, or else they might be in a lot of pain.

In ancient times, prehistoric man gave his girlfriend a practical gift - like a goat - to show admiration. His girlfriend and her family could feed from it. This was called "milking a compliment."

It's speculated that Valentine's Day originated 2500 years ago as Lupercalia, a festival to honor the god Lupercus with a lottery. Young ladies put their names in a giant container, and young men randomly drew a partner.

At the end of a year - if the man wasn't either married or dead - he could draw for a different partner. About this same time, the card-giving tradition started too. Postage was real cheap back then, because air mail was delivered by pigeon.

Today, just about everybody celebrates Valentine's Day. Elementary school children exchange cards with classmates. Middle schoolers write anonymous notes to their secret crushes. Older teens might bestow presents, kisses, or mononucleosis.

If you're a guy, here are three hints:

- Buy your girlfriend a corsage. Pin it on her blouse, but not directly into her skin. (On second thought, let her pin it on.)
- Pick out a real mushy card for her. Look for romantic messages full of words like *sweet*, *love*, or *honey*. Avoid rhymes that contain the words *contagious*, *alien*, or *burp*.
- Finally, take her out to dinner. And this time, offer to pay the entire check.

Dear Poor Rix: I hear there's some research that claims people today have shorter attention spans. Could this be true? - Concerned

Well, it appears that because multiple messages bombard us daily, we mentally "delete" those we don't currently need. (This explains why we forget what we had for breakfast, or why Poor Rix simply calls his friends "Pal.")

Latest reports - compiled by scientists who pay attention - set the average adult attention span at only eight minutes. It's reportedly even shorter if you're a dog, and shorter still if you're a roaming animal, like a wild bachelor.

The key to getting attention, research says, is to appeal to as many senses as possible. If we can see something, hear it, and have a chance to "talk back" to it (such as responding to a message by typing a response), we're more likely to retain it.

Following this logic, the best way to make a person remember you is to meet her, ask questions, listen to her answers, shake her hand, then buy her dinner.

A few years ago, we called this a "date." Today, however, we applaud this as a great scientific discovery.

So what have we learned? (1) To get somebody's attention, ask him or her out for dinner. (2) To keep that person's attention, limit the date to eight minutes.

Poor Rix offers bad answers to good questions. E-mail him at [rixquinn@charter.net](mailto:rixquinn@charter.net).

night of misery and self-doubt. Instead of wallowing in your "alone" status as if it was some impossible-to-shake stigma, HeyUGLY.org offers some suggestions on how to celebrate the day with their list of the eight things you can do without a significant other this Valentine's Day.

1. Celebrate yourself. Make a list of all the wonderful, unique qualities you bring to the world. Note all of the things that you like about yourself and create a Valentines card that you can give yourself.

2. Buy yourself a gift. If you've been putting off getting that new CD, DVD or video game now is the time to buy it and give it to someone who really deserves it!

3. Take yourself out on a date. Go to a movie, hit the mall or treat yourself to a special dinner. Show yourself how much you value you.

4. Have a party. Friends are one of life's greatest gifts. Let your friends know how much you appreciate them. Invite everyone over and have them all bring one of their favorite foods to share with the group.

5. Volunteer. Go to a local hospital, nursing home or animal shelter and bring some joy into someone's life. Reach out to help others and enjoy the gift of giving to others.

6. See your inner beauty. Go to the local library or bookstore and read a couple of good books that will nourish your soul. We are all culturally trained to worry about what our outside looks like; when real beauty radiates from within.

7. Put a smile on your face and laugh. That's right. In the book, *The Hidden Messages in Water*, the author explains how to change one

thought process into another you need to replace it with its opposite. So, if you are feeling sad make yourself laugh. If you can't laugh on your own go to HeyUGLY.org and check out their "Laugh It Off" CD. Recent research shows that laughing for ten minutes non-stop can aid in weight loss, stress reduction and heart health. Academy-award winning actress, Goldie Hawn says everyone should laugh at least once a day, because it provides emotional and physical benefits.

8. Take care of your heart. Since this is the holiday of hearts why not be good to yours and exercise it. Go to the gym, take an hour jog, shoot some hoops. Get moving and let nature's natural mood elevator - endorphins - kick in and raise your spirit!

Hey UGLY Inc., NFP is a 501 (c) (3) nonprofit organization whose mission is to empower teens with self-esteem building tools, to help them counter challenges such as eating disorders, bullying, violence, substance abuse and suicide. UGLY is an acronym meaning Unique Gifted Lovable You. Hey UGLY is founded on the belief that heightened self-esteem in today's youth is vital to helping them cope and overcome day-to-day peer pressure and challenges. Their interactive website, [www.heyugly.org](http://www.heyugly.org), lists quotes about self-esteem and body image by celebrities. The site features self-esteem building articles, contests and exercises. Hey UGLY created an in-school curriculum called "M-POWER." It is available to middle and high schools across the country and organizations like Boys and Girls Clubs and Boy and Girl Scouts of America.

**Grapevine Classified**

IT'S NOT SMART to do nothing when you have something negative in your life. The issue somehow affects and becomes everybody's problem.

- \*Getting nervous and upset
- \*Feeling sick on a regular basis
- \*Feeling like punching out something or someone
- \*Feeling like screaming
- \*Can't sleep
- \*Watching television all night
- \*Simply not in a happy frame of mind
- \*Problem making the right choices

If you are experiencing any of these symptoms, we need to talk with you. Visitation Valley Jobs, Education and Training center offers advocacy and mediation services relating to all types of quality-of-life issues. Court-mandated programs available. Service and trust is our commitment to the community. Contact Marjorie Ann Williams, Counselor at (415) 239-2877.

GRAPEVINE DISPLAY ADVERTISING: new limited-time rates: Full Page \$80, 1/2 Page \$33.75, 1/4 Page \$18.75; 1/8 Page \$10; 1/12 Page \$8; 1/16 Page \$6. Generous discount for three or more insertions. Call (415) 467-9300 for more details.

Classified: 20 words for \$1. Extra line 50 cents. Ad and payment should be received by 15th of month for next month at Visitation Valley Grapevine, 50 Raymond Ave., San Francisco, CA 94134.

VOLUNTEERS WANTED for VVCC After School Program to tutor children ages 5-14 at one of our 11 sites in the Visitation Valley area. Interested persons contact Dee Smith, VVCC After School coordinator: (415) 585-2059.

Solution on Page 11

**Crossword Puzzle****ACROSS**

1	2	3	4	5	6	7	8	9	10	11
18				13				18		
18				18				17		
				20						
28				29			30	31	32	33
34				35			36	37		
38				39			40		41	
				42						

## Visitacion Valley Business Directory

Valley free listings in the 415 area code. Call the Grapevine at (415) 467-9300.

**AQUARIUM** DRAGON CITY AQUARIUM, 144 Leland Ave., 333-4598

**AUTOMOTIVE** BAYSHORE AUTO, 2260 Bayshore Blvd., 467-6130; BAYSHORE SERVICE, 2506 Bayshore Blvd., 239-5239; BROTHERS AUTO BODY, 2520 Bayshore Blvd., CHARLES GARAGE, 2550 Bayshore Blvd., 239-7450; TW AUTOMOTIVE, 2500 Bayshore Blvd., 585-8281

**BANK** BANK OF AMERICA, 6 Leland Ave., 622-4501

**BAKERS** LITTLE QUAPAO BAKE SHOP, 169 Leland Ave., 239-2253

**BARBERS** BARBERSHOP, 3570 San Bruno Ave., 724-4398; DEMASIS BARBER SHOP, 35 Leland Ave.; THE SHOP (JBI), 1604 Leland Ave., 239-6709

**BEAUTICIANS** BODY, SOUL & SPIRIT, 222 Leland Ave., 333-7261; FACE BODY & SOUL, 3582 San Bruno Ave., 467-3223; HONG KONG HAIR & NAIL BEAUTY SALON, 199 Leland Ave., 333-1005; LUCKY HAIR, 2436 Bayshore Blvd., 586-8288; MAY MAY BEAUTY SALON, 60 Leland Ave., 337-9381; MIZ RENA'S SALON, 19 Blanken Ave., 467-3399; NAILS BY JENNY, 50 Leland Ave., 333-6800; WHO'S BAD, 224 Leland Ave., 657-3156

**BLIND CLEANING** SPEEDY ULTRASONIC BLIND CLEANING (commercial and residential), 1116 Grand St., 467-7506

**BOARDING HOUSE** ABLE'S CASA, 850 Rutland St., 333-4664, fax 333-4693

**BOOKKEEPERS** AMY ARAGON, PROFESSIONAL BOOKKEEPER, 467-8927

**CARPETS** HANSAN INTERIORS, 41 Leland Ave., 333-6382

**CASKETS** CASKETORIUM, INC., 93 Leland Ave., 585-3451

**CHURCHES** CHURCH OF THE VISITACION, 665 Sunnydale Ave., 239-5950; IGLESIA EL ESPRITU SANTO, 38 Leland Ave.; KOREAN FIRST PRESBYTERIAN CHURCH, 333 Tunnel Ave., 468-1213; RIDGE VIEW UNITED METHODIST CHURCH, 590 Leland Ave., 239-5457; ST. JAMES PRESBYTERIAN CHURCH, 240 Leland Ave., 586-6381

**LIBRARY** VALLEY BAPTIST CHURCH, 305 Raymond Ave., 467-6055; VISITACION CHINESE BAPTIST CHURCH, 8 Desmond St., 333-4503

**COFFEE** CANDLESTICK COFFEE, 2155 Bayshore Blvd., 467-2442

**CREDIT UNION** NORTHEAST COMMUNITY FEDERAL CREDIT UNION, 29 Leland Ave., 434-0738

**DAY CARE** CAROUSEL DAY CARE, 261 Hahn St., 469-5353

**DENTIST** VISITACION VALLEY DENTAL OFFICE (Albert Kuan, DDS), 37 Leland Ave., 239-5500

**DEVELOPERS** VISITACION VALLEY COMMUNITY DEVELOPMENT CORPORATION, 1099 Sunnydale Ave., 587-7895

**ELECTRICAL** TATE ELECTRIC (Joel Tale), 467-4657

**FLORISTS** IL FIORE FLOWERS, 2466 San Bruno Ave., 468-0145

**GARDEN ORNAMENTS** SILVESTRI GARDEN ORNAMENTS, 2635 Bayshore Blvd., 239-5990

**GROCERS** CASA LOPEZ PRODUCE, 58 Leland Ave., 586-4745; E-Z STOP MARKET, 2203 Geneva Ave., 585-9240; FIVE MILE MARKET, 3574 San Bruno Ave., 467-7300; K.C. MARKET, 400 Wilde St., 467-3024; LA LOMA PRODUCE #2, 65 Leland Ave., 239-7520; LITTLE VILLAGE MARKET, 1450 Sunnydale Ave., 586-1815; M & M SHORTSTOP, 2145 Geneva Ave., 585-0878; PICCOLO PETE, 2155 Bayshore Blvd., 468-6800; 7-11, 2200 Bayshore Blvd., 468-6646; SHUN LEE MARKET, 2400 Bayshore Blvd., 586-4851; SMITTY'S MARKET, 2610 Bayshore Blvd., 239-5506; SUPER FAIR MARKET, 201 Leland Ave., 239-6856; TEDDY'S MARKET, 298 Teddy Ave.

**HERBS** SAN ON HERBS, 33-A Leland Ave., 333-7469

**HYPNOTHERAPY** VALERIE HABEGGER-HYPNOTHERAPY, 371 Teddy Ave., 468-5631

**INSURANCE** EDIE EPPS (A.H.E. INSURANCE), 467-0236, Fax 467-0276; ROBERT LEHMAN, CLTC (Blue Cross), 333-0850

**KITCHEN CABINETS** LEE CHANG INTERNATIONAL, 25 Leland Ave., 333-2730

**LAUNDRYCLEANERS** LA WASH, 44 Leland Ave.; CITY WASH, 83 Leland Ave., 333-9467; COIN WASH & DRY LAUNDRY, 186 Leland Ave.; FORTY-NINER CLEANERS, 51 Leland Ave., 239-6418; LEELAND AVENUE CLEANERS, 151 Leland Ave., 586-1412; VALLEY LAUNDRY, 90 Leland Ave.

**LEARNING** 3-N-1 LEARNING ACADEMY, 240 Leland Ave., 584-8565; VISITACION VALLEY COMMUNITY BEACON CENTER, 450 Raymond Ave., 452-4907

**LIBRARY** VISITACION VALLEY FAMILY SCHOOL, 325 Leland Ave., 585-9020

**MANUFACTURER** SEE'S CANDIES, INC., 345 Schwenn St.

**MEDICAL** AMERICAN RED CROSS, BAY AREA CHAPTER, 1704 Sunnydale Ave., 584-3620; HAWKINS VILLAGE MEDICAL CLINIC (Dept of Public Health), 1099 Sunnydale Ave., Appointments: 715-0310; DR. SAM HO, MD, 2858 San Bruno Ave., 337-6135; NEW CARNIVAL ACUPRESSURE HEALTH CENTER, 2458 Bayshore Blvd., 337-8100; NORTHEAST MEDICAL SERVICES, LELAND AVENUE, 82 Leland Ave., 391-9686 (ask for Leland Avenue clinic); PORTOLAFOOT & ANKLE CLINIC (Dr. Divyang Patel) 2858 San Bruno Ave. 467-7500

## NOTARY

ROYAL PACIFIC MORTGAGE, 46 Leland Ave., 333-4900

## ORGANIZATIONS

ASIAN PACIFIC AMERICAN COMMUNITY CENTER, 2442 Bayshore Blvd., 587-2669

GENEVA TERRACE PROPERTY OWNERS ASSOCIATION, 60 Burt Ave., 584-2700

GIRLS AFTER SCHOOL ACADEMY, 2050 Sunnydale Ave., 333-5200

JOHN KING SENIOR COMMUNITY, 500 Raymond Ave., 239-6233

LELAND HOUSE, 141 Leland Ave., 405-2000

ROCK (Real Options for City Kids), 590 Leland Ave., 333-4001

VISITACION VALLEY SENIOR CENTER, 66 Raymond Ave., 467-4499

## PHARMACY

VISITACION VALLEY PHARMACY, 100 Leland Ave., 239-5811

## PHOTOGRAPHER

WALTER CORBIN PHOTOGRAPHY (freelance), 435 Sawyer St., 587-9471, fax 337-0670

## PLUMBING

MARK VOELKER PLUMBING, 99 Adela Ave., 467-7401

## POST OFFICE

VISITACION USPO, 68 Leland Ave., (800) 275-8777

## REAL ESTATE

JUSTYNA P TO (Century 21), 2488 Junipero Serra Blvd., Daly City 94015, (650) 991-5215, Mobile (415) 830-1235

LaFLUE-WALTON & ASSOCIATES, 2428 Bayshore Blvd., 587-8683

CATHY KLINE SAUNDERS (Zephy Real Estate), 215 West Portal Ave., 731-5011 ex 163

## RESTAURANTS

BAYSIDE CAFE, 2011 Bayshore Blvd., 467-2023

G & L BAKERY & RESTAURANT, 198 Leland Ave., 239-5283

HERNANDEZ TAQUERIA & BAKERY, 98 Leland Ave., 587-7721

LUAN FAT BAKERY, 110 Leland Ave., 585-1167

MISS MATTIE'S SUNFLOWER BLUES CAFE, 107 Leland Ave., 333-8854

PHO Y & G RESTAURANT, 73 Leland Ave., 469-5696

TWO JACK'S, 167 Leland Ave., 337-0433

## SCULPTOR

CARTORIGINALS (Mikal Cartor), 2 Hahn St., 239-4138

## SELF-DEVELOPMENT

DYNAMIC DEVELOPMENTS (Marlene Ann Williams, CEO, Career and Self-Enhancement Specialist), 467-7608

## SERVICE PROVIDERS

THE VILLAGE, 1099 Sunnydale Ave., 239-5045

VISITACION VALLEY BAPTIST CHURCH OUTREACH CENTER, 57 Leland Ave.

VISITACION VALLEY BILINGUAL EDUCATION, SUPPORTIVE SERVICES & TRAINING (VVBEST), 120 Leland Ave.

VISITACION VALLEY COMMUNITY CENTER (VVC), 50 Raymond Ave., 467-6400

VVCC FAMILY & COMMUNITY SERVICES CENTER, 161 Leland Ave., 586-6998, Fax 586-8027

VISITACION VALLEY JOBS, EDUCATION AND TRAINING (VVJET), 1099 Sunnydale Ave., 239-2866

TAVERN

THE CLUB HOUSE, 25 Blanken Ave.

TELEPHONE

D & A WIRELESS, 78 Leland Ave., 452-4139

VARIETY

GOLDEN 99 CENTS ZONE, 5-7 Leland Ave., 333-3923

## Five Things People Can Learn from Toddlers

### From Page 6

\* Toddlers are willing to experiment with what is unfamiliar. Toddlers never stop trying to learn

### Watercooler Counsel

### From Page 8

The law requires an employer to accommodate an employee with a disability as long as it's not an undue hardship on the business. Your employer is not required to fulfill your exact request, just to engage in a good faith effort to find a working solution. You should know that the courts have ruled an accommodation can be an undue hardship if bumping another employee from a window office breaches an established seniority system, which are common in unionized establishments. Fortunately for you, SAD has broken into the mainstream consciousness and more people now understand that, while the effects are seasonal, they can be devastating to a sufferer's lifestyle and productivity. There are drugs which have been shown to improve the conditions of individuals with SAD and there are many different models of light-therapy boxes and dawn simulators that can help recalibrate your biological internal clock. If there's something you need at work to perform your job duties, certainly ask your employer to work with you to find an effective solution. Just don't expect the corner office! And, by working with your doctor to find effective alternative treatment, you may find you're able to handle it all at home and don't need to rely on your employer's reasonableness at all!

Our team of government experts respond with the unvarnished truth to your questions. But according to a CareerBuilder.com survey, while 5 percent of workers admit to fibbing on their rsum's, 57 percent of hiring managers say they have caught a lie on a candidate's application, and out of those, 93 percent didn't hire the lying candidate. Send your questions to Watercooler.Counsel@eooc.gov. Rich is a former Supervisory Investigator and Malinda is a current Federal Investigator for the Equal Employment Opportunity Commission

### Crossword Puzzle Solution

S	A	N	D	C	E	S	S	M	A	R
O	B	I	A	R	T	H	A	B	E	
O	P	E	C	O	T	O	E	C	L	
	E	A	T		L	I	K	E	L	
C	H	M	B	A	A	K	I	D		
M	O	E	I	L	L	S	T	O	G	
D	B	L	A	U	B	E	N	E		
R	O	P	S	A	N	A	I	N		
O	E	R	N	S	A	A	L			
H	A	M	N	E	T	I	D			
U	M	E	C	A	R	S	A			
G	I	N	A	B	E	C	A			
O	D	I	P	U	L	E	I	R	A	E

## Visitacion Valley Family and Community Services Center

For a Better, Healthier, Safer Community for All

### We Can Help You!

Complete Immigration documents, assist with SF County paperwork (Medi-Cal, Welfare, etc.), education workshops, referrals to other services

**First Series of  
Interacting with Your  
Child Through Games  
and Activities**  
Topic: Counting  
Friday, February 9  
5:30 - 7:30 p.m.

Free dinner, books and educational games. Participants with children ages 0-5 encouraged.

**First Series of  
Parents' Support Group**  
Thursday, February 15  
5:30 - 7:30 p.m.  
How to Teach Your Children to  
Value and Understand Other Cultural  
and Ethical Differences

Free dinner and childcare  
Participants with children ages 0-5 encouraged.  
Facilitated by Julia Carmen, Before The After

**Every Wednesday**  
February 7, 14, 21, and 28  
6 - 8 p.m.

Men's Classes  
Facilitated by  
Before The After  
FREE Refreshments

**Child Passenger  
Safety Educational  
Workshop**

Thursdays,  
February 8 and 15  
5:45 - 7:45 p.m.  
325 Leland Ave.

Age and child weigh required. Parents should call 586-6998 to confirm attendance.

### February 2007 Activities

held at 161 Leland Avenue  
except where noted

### Enhanced Information and Referral

Every Monday Through Friday  
February 1 to 28  
9 a.m. - 5 p.m.

### Parents Committee Meeting

Friday, February 2, 5:30 - 7 p.m.  
at 325 Leland Ave.



**Cathy began looking at Visitacion Valley real estate in 1949, and she's been out in front of the competition ever since.**

Cathy has been the most successful REALTOR® in Visitacion Valley for more than 20 years.

She was born and raised in the Valley, and has successfully represented buyers and sellers for years. She's actively involved in neighborhood charities and community events.

For all your real estate needs, call Cathy!

**Cathy Kline Saunders**  
Broker Associate, REALTOR®  
415.731.5000 ext 163



**Z**  
**ZEPHYR**  
REAL ESTATE